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VEGETABLE DISHES
and
SALADS

also by Ambrose Heath

- GOOD FOOD
MORE GOOD FOOD
GOOD SOUPS
GOOD POTATO DISHES
GOOD SWEETS
GOOD SAVOURIES
GOOD DRINKS
THE BOOK OF THE ONION
THE NEWS-CHRONICLE COOKERY BOOK
THE COUNTRY LIFE COOKERY BOOK
DINING OUT
MADAME PRUNIER'S FISH COOKERY BOOK
OPEN SESAME: RECIPES FOR TINNED FOOD
FROM CREEL TO KITCHEN: RECIPES FOR RIVER FISH
SAVOURY SNACKS
AMERICAN DISHES FOR ENGLISH TABLES
COOKING IN WARTIME
GOOD FOOD WITHOUT MEAT
MEAT DISHES WITHOUT JOINTS
GOOD BREAKFASTS
WHAT'S LEFT IN THE LARDER?
GOOD FISH DISHES
KITCHEN FRONT RECIPES: EXTRACTS FROM BROADCASTS
WARTIME RECIPES
with C. H. Middleton
FROM GARDEN TO KITCHEN
with D. D. Cottington-Taylor
THE NATIONAL MARK CALENDAR OF COOKING

VEGETABLE DISHES

& Salads
for every day of the year

COLLECTED

FOR THE

British Growers Council
by

AMBROSE HEATH

A SPECIAL
CHAPTER
ON

Tomatoes.

E AND
A SECTION
ON

Salads

LONDON
FABER & FABER LTD.

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W.C.

To

C. H. B. KENYON

who has been the means
of introducing me to

685,614
readers

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PREFACE

by the Lord Horder, G.C.V.O., M.D., F.R.C.P.

The appearance of this little book, upon which my friend, Sir Lionel Earle, asks my blessing, is opportune in two senses. It comes at a time when the subject of nutrition is attracting the attention of both the student of social welfare and the physiologist, and it comes when we are all of us awake to the importance of developing, to a degree that has hitherto not been realized as possible, our own national resources in regard to food production.

Although as a citizen I am naturally interested in the latter of these two questions, it is doubtless because of my closer interest in the former that I am privileged to write this brief foreword. But since I am wont to insist that questions of proper feeding cannot be divorced from questions of economics the consideration of both these matters in close relation to each other harmonizes with my ideas.

As a doctor who prays to be delivered from any and all of the diet stunts that almost daily beset us, I should be doing neither of these causes to which I have referred a service if I led any one to suppose that I advocate what is called vegetarianism. This is not the real issue. What matters, from the doctor's point of view,

PREFACE

is that fresh vegetables and salads, appetisingly prepared, should form much more staple articles of food than they do at present if the nutrition of the child and of the worker is to be kept at a proper level. The daily provision of fresh vegetables becomes more and more satisfactory. To make them more popular as a basic form of food by helping the housewife, who is becoming increasingly kitchen conscious, is the object of this book.

It merits great success and will, I feel sure, achieve it.

2 May 1938

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FROM SOIL TO SAUCEPAN

Plenty of people never eat meat, many do not touch fish and there are even some who refuse eggs, but no one cuts out vegetables. All these people are not at all the worse for abstaining from meat, fish or eggs, since these are usually replaced by vegetarian dishes and the more fresh vegetables included in our daily meals the better for us. Vegetables are the most universal as well as being one of the most wholesome and delicious forms of human food. The English have acquired a reputation for being unenterprising both in the choice and the preparation of their vegetables, but to-day this criticism can no longer be repeated with any truth. We are more fortunate to-day in the choice of vegetables offered to us than ever before—we have many more different varieties and many of them can be had at all seasons of the year.

To-day we are growing in England vegetables which could previously only be obtained from abroad. And almost each year some new variety is added to the already long list of home-grown produce in the green-grocer's window. The British vegetable-growing industry has progressed most remarkably just recently. Its produce is now quite equal to that which was previously imported from abroad, and, what is more

FROM SOIL TO SAUCEPAN

gratifying, most of the more unusual vegetables brought in from the Continent a few years ago are now being cultivated on our own farms. In a very short time the industry has spread to Cornwall, Lincolnshire, Norfolk, Kent, Surrey and also to several districts in the north of England. The standard which the growers set themselves is a very high one indeed and many people do not realize the great amount of thought and labour that is given to the production of good, well-grown vegetables.

There is not a day in the year, in fact, when it is not possible to get many kinds of home-grown produce for the salad bowl or the vegetable dish. They have, too, the great quality of freshness and come almost straight from the ground to your table with all their health-giving goodness unspoiled by long travelling. It has been found that the food value decreases in proportion to the time which elapses between the picking of a vegetable and the eating of it. Therefore the sooner it is eaten after it has been taken out of the ground the better it is, since with each day its value deteriorates. Naturally, no vegetable possesses this vital quality of freshness so much as a home-grown one and that is why it is so important to insist on having home-grown produce. If your lettuces, carrots, peas, beans and so on are picked the day before or the same morning you buy them even, as home-grown produce usually is, then you can be sure that you are getting them with all the essential goodness still under the skin.

A great deal of interest is quite rightly being taken to-day in food values and diet and most people do

FROM SOIL TO SAUCEPAN

realize that fresh vegetables are an essential part of a well-balanced meal and should be accorded a prominent place in our daily menus. But, unfortunately, statistics show that not every household eats as much vegetables and salads as it might and should. Yet vegetables are easy to prepare and are inexpensive to buy—they make a delicious meal and they are good for you. Now that our own growers are producing so many delightful varieties, of fresh home-grown produce, abundantly and inexpensively, this should not be.

The British Growers' Council feel sure that this book will be welcomed by the housewife as a practical reminder of the wonderful variety of British vegetables which she can get throughout the year to make meals more interesting. It shows just what produce is in season each month and gives some simple and unusual ideas for serving it.

C.H.B.K.

HOME-GROWN VEGETABLES AND THEIR SEASONS

If you have a special liking for any particular kind of vegetable, this list will show just when it is in season and when you may expect to find it in the shops.

Artichokes	
<i>Jerusalem</i>	September to March
<i>Globe</i>	June to September
Asparagus	
<i>Outdoor</i>	April to June
<i>Forced</i>	November to February
Beans	
<i>Broad</i>	June to August
<i>Dwarf</i>	June to October
<i>Dwarf, Hothouse</i>	March to May
	October and November
<i>Runner</i>	July to October
Beetroot	All the year round
Broccoli	
<i>Hearting</i>	Mid-December to June
<i>Sprouting</i>	March to May
Brussels Sprouts	September to March
Cabbage	All the year round
Cabbage, Red	October to December

Carrots	
<i>Outdoor</i>	June to March
<i>Forced</i>	April to June
Cauliflower	
<i>Outdoor</i>	June to December
<i>Under Glass</i>	May and June
Celery	August to March
Cucumber	All the year round
Curly Kale	November to March
Endive, <i>Outdoor</i>	September to November
Leeks	June to April
Lettuce	
<i>Outdoor</i>	Late April to November
<i>Glasshouse</i>	December and January
<i>Under Glass</i>	March, April, November
Marrows	
<i>Outdoor</i>	June to November
<i>Forced</i>	April to June
Mint	
<i>Outdoor</i>	April to November
<i>Forced</i>	December to May
Mushrooms, <i>Hothouse</i>	All the year round
Mustard and Cress	All the year round
Onions	September to March
Onions, <i>Spring</i>	February to September
Parsley	All the year round
Parsnips	August to March
Peas	Mid-June to October
Potatoes	All the year round
Potatoes, <i>New</i>	May to July
Radishes	
<i>Outdoor</i>	April to November
<i>Forced</i>	February to April

Rhubarb	
<i>Outdoor</i>	Late February to June
<i>Forced</i>	January to April
Salsify	October to February
Savoys	September to April
Scotch Kale	November to March
Seakale	
<i>Natural</i>	3-week season in late April or May
<i>Forced</i>	December to April
Shallots	November to January
Spinach	All the year round
Spring Greens	January to April
Swedes	September to May
Tomatoes, <i>Hothouse</i>	March to December
Turnips	
<i>Outdoor</i>	June to April
<i>Forced</i>	April to June
Turnip Tops	January to April
Watercress	All the year round

HOME-GROWN VEGETABLES IN SEASON ALL THE YEAR ROUND

**BEETROOT
CABBAGE
CARROTS
CUCUMBER
MINT
MUSHROOMS
MUSTARD AND CRESS
PARSLEY
POTATOES
SPINACH
TURNIPS
WATERCRESS**

JANUARY

HOME-GROWN VEGETABLES IN SEASON IN JANUARY

ARTICHOKEs,	ONIONS
JERUSALEM	PARSLEY
ASPARAGUS	PARSNIPS
BEETROOT	POTATOES
BROCCOLI, CORNISH	RHUBARB (Forced)
BRUSSELS SPROUTS	SALSIFY
CABBAGE	SAVOYS
CARROTS	SCOTCH KALE
CELERY	SEAKALE
CUCUMBER	SHALLOTS
CURLY KALE	SPINACH
LEEKs	SPRING GREENS
LETTUCE	SWedes
MINT	TURNIPS
MUSHROOMS	TURNIP TOPS
MUSTARD AND CRESS	WATERCRESS

JANUARY

TURNIP AND POTATO SOUP

Cook four turnips and two large potatoes in three pints of water until soft. Pass through a sieve, and add a gill of milk, a small piece of butter, a teaspoonful of finely chopped parsley, and pepper and salt. Serve with *croûtons* of fried bread.

STEWED JERUSALEM ARTICHOKEs

Peel a pound of artichokes, and cut them in quarters. Shape each quarter to the size of an elongated large olive, being particularly careful that the corner and edges are smooth. As you do each artichoke, throw the quarters into water acidulated with lemon juice to keep them as white as possible. Now put a piece of butter the size of a large egg into a saucepan large enough to hold all the artichoke olives in it on the bottom, let the butter melt and cook the 'olives' in it for a few minutes, rolling them about but not letting them brown. Then cover the pan, and cook them gently for half an hour to three-quarters. On serving, add another small piece of butter, and sprinkle them with freshly chopped parsley.

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MASHED JERUSALEM ARTICHOKEs

Wash, peel, and boil the artichokes in salted milk, or milk and water half and half, until they are tender, then rub them through a sieve. Squeeze all the moisture from them and put the *purée* into a clean pan with a small piece of butter, a spoonful of cream, some white pepper and salt if necessary, and if you like a suspicion of nutmeg. Dry over the fire, and serve.

BEETROOT AND ONIONS

Boiled beetroot cut in cubes and tossed in a little butter is a counsel of despair. The treatment recommended here transforms beetroot into a dish. Boil two or three clean-washed beetroot with two or three dozen button onions, until they are tender. When they are done skin and slice the beetroot downwards, and stew it in the following sauce for ten minutes. Chop an onion very finely, and brown it in a little butter, add a little flour and brown that too, then moisten with a ladleful of stock or broth, the juice of a lemon, and season with salt and pepper. Dish the button onions in the middle of the dish, arrange the beetroot round them covered with the sauce. Serve very hot.

BRUSSELS SPROUTS MOULD

Drain the sprouts well after cooking them, squeezing them between your hands to extract as much moisture as possible, and pass them through a fine sieve. Now for two pounds of sprouts mix in two ounces of butter, add salt, pepper and nutmeg, two yolks of eggs and a

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good handful of stale breadcrumbs which have been soaked in a small cupful of hot milk. Butter a mould or pudding-basin, put the sprout mixture into it, and cook covered in a dish of water in the oven for an hour. Turn out, and serve masked with a Béchamel sauce.

BROCCOLI (ITALIAN FASHION)

Cut the broccoli into flowerets, and cook them carefully. Put them into a dish, and sprinkle over them some fine breadcrumbs mixed with a few capers, some olives, and an anchovy all chopped up very small. Pour over a cupful of melted butter, or hot olive oil, put the dish into the oven for ten minutes, and serve.

BROCCOLI SALAD

This is a pleasant dish to serve as an *hors-d'œuvre*. Soak the broccoli in cold salted water for about half an hour, break it into flowerets, tie these loosely in a piece of muslin, and cook them in boiling salted water for about ten minutes. They should still be rather firm when cooked. Drain them and let them get quite cold. (The muslin is simply to make it easier to remove them from the water.) Make a dressing of two tablespoonfuls of tarragon vinegar, salt, pepper, a little sugar, and four tablespoonfuls of olive oil. Mix well with a fork and add, if you like, a teaspoonful of tomato catsup. Put the broccoli flowerets in a salad bowl, and add a few chopped anchovy fillets. Dress with the mixture, turning the broccoli over carefully so as not to break the heads.

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BOILED CELERY

Braised celery (usually out of a tin) is a *sine qua non* on all tables, private or public, where imagination is lacking. Boiled celery, which is much easier to cook, is far more original and delicious. Trim the heads and cut them fairly short, about five or six inches from the root. Then cut them lengthwise in two or four according to their size, and cook them in fast-boiling salted water until they are tender. Then drain them very well, and serve them like asparagus, either with plain melted butter, or better still with hollandaise sauce.

SCOTCH KAIL

Wash and pick over the kale, throw the leaves into slightly salted boiling water, boil until tender, then drain and press as dry as possible, and pass through a sieve. Put the kale back on the fire with a little fresh butter, a tablespoonful of cream, two tablespoonfuls of stock, and a little pepper and salt. Some add a dusting of fine oatmeal. Mix well, and reduce to the right consistence, stirring all the time. Serve very hot, particularly with mutton.

LEeks AND BACON

An extraordinarily good dish, especially for a luncheon on a cold day, that hails from Lorraine, where it is called *Poireaux à la paysanne*.

Cut into dice four ounces of bacon and fry them in butter in a stewpan. Peel, wash, and cut a bundle of white leeks into pieces about an inch long, and when

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the bacon is well fried and lightly browned, add the pieces of leek and cook them gently, stirring them often, for half an hour. When they are done salt them lightly and serve very hot.

VIENNESE MUSHROOMS

Peel the mushrooms, leaving a little stalk on them. Dust them lightly with flour, dip them in beaten egg, then roll in fresh breadcrumbs, and fry in deep fat until almost crisp. Drain them well, and serve them piled up in a dish, handing a creamy and rather sharp mayonnaise sauce with them.

MUSHROOM OMELETTE

For every three eggs used in your omelette, allow two ounces of chopped mushrooms and half a dozen thin slices of mushroom for the garnish. Chop up the peeled mushrooms finely, cook them for a few minutes in a little butter, drain off the butter and add the mushrooms to the eggs. Make the omelette in the usual way, fold it, slip it on to a dish, and arrange the slices of mushroom (which have already been lightly fried in butter) down the middle. Season with salt and pepper, and serve.

EGGS À LA TRIPE

One of the very best onion dishes there are. Slice up some onions thinly, and cook them in butter until tender, but do not let them brown. Add enough flour to your butter to make, with milk, a fine white sauce,

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season this with salt, pepper and grated nutmeg, and let it cook for ten minutes or so. Cut some hard-boiled eggs in halves, quarters or slices, and let them heat through in this lovely sauce. You can enrich it with cream, if you like, and some like to season it rather liberally with paprika pepper. In that case leave out the nutmeg, but in my opinion the simpler form is the better. See that it is served very hot indeed. A good proportion is three onions for every two eggs.

RAGOUT OF ONIONS

A good dish begged from a chef from Smyrna. Take two pounds of small onions, not buttons, put them into a stewpan with two ounces of butter, and fry them a golden brown. Then add two tablespoonfuls of white wine, a few cloves, a small stick of cinnamon, and two bay leaves. Moisten with half a pint of good stock and half a pound of fresh tomatoes rubbed through a sieve. Simmer the whole thing for about an hour, and serve hot.

FRIED POTATOES

But not in the usual manner. Parboil some potatoes, cut them in thin slices, flour them, dip them in well-beaten yolk of egg, roll them in breadcrumbs, and fry them golden brown.

POTATO BALLS

Rather an unusual way of treating potatoes. Mix together some mashed potato, butter, cream, pepper and salt, so that the mixture is pretty firm, and do not

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use too much butter. Shape into balls about the size of a small egg, and bake them in the oven just as they are, neither egging nor crumbing them. They should rise, and ought to be crisp outside and soft within.

BAKED RHUBARB

Cut off the leaves of the rhubarb, and wipe the sticks with a damp cloth. Cut them then into inch-long pieces and put these in a casserole. For every three sticks of the rhubarb add about a tablespoonful of castor sugar, not brown sugar which has too strong a flavour for the forced rhubarb. Add no water; simply put on the lid, and cook in a moderate oven until tender, which will be about twenty to twenty-five minutes. It may be served either hot or cold.

SALSIFY

An uncommon vegetable in this country, which should be better known. It is one of those vegetables that blacken quickly when skinned, so it is advisable to wash and scrape the roots quickly, and as you do so throw them into a bowl of water to which vinegar or lemon juice has been added in the proportion of a tablespoonful to each quart. Let them lie there for half an hour, then take them out and cut them into the lengths you want. Two inches is a usual length. Now cook them either in boiling salted water containing a little lemon juice, or in what the French call a *blanc*, which appears on page 194. They will take some time to cook, probably about an hour. Then take them out, drain them well, and dress them with a white sauce or

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an anchovy sauce. They can be served in scallop-shells covered with the sauce and with browned breadcrumbs, and if the latter sauce is used in this way, there may be some justification for salsify's popular name of the Vegetable Oyster. The black-skinned salsify, or scorzonera is cooked in the same way. But it should be boiled in its skin, and peeled afterwards.

SAVOYS WITH CHEESE

1. Cook the savoy according to your ideas on the subject, drain it well, chop it up, and put it into a shallow fireproof dish which you have first well-buttered and sprinkled with grated cheese. Season with salt and pepper and a little grated nutmeg, add some more grated cheese, dot with small pieces of butter, and brown in the oven quickly.
2. Cook the savoy, and when it is drained, chop it up, put it in a lightly buttered fireproof dish, sprinkle over it a few tablespoonfuls of sour cream (or fresh cream acidulated with a few drops of lemon juice), then scatter over some grated cheese, and brown quickly in the oven.

WATERCRESS PURÉE

This is cooked in the same way as the French cook spinach, and it is called *Cresson en Épinards*. For four or five people you will want about a pound and a half of watercress, which you must pick over carefully and wash well before using. Then cook it in plenty of rapidly boiling salted water without the lid on the pan. Boil hard for a quarter of an hour, then turn into a

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colander and plunge this at once into cold water. Drain the cress as well as you can, pressing it between the hands, and then put it on a board and chop it finely. Put it now into a pan with two 'walnuts' of butter, and stir on a quick fire for five minutes, until all the steam has evaporated. Then season with salt and pepper, sprinkle with a dessertspoonful of flour, mix well, cook for a minute or two, and then add three good tablespoonfuls of stock or milk. Stir on until it boils, then cover and simmer very gently for twenty minutes or so. Stir in a few bits of fresh butter on serving this very delicious dish.

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FEBRUARY

HOME-GROWN VEGETABLES IN SEASON IN
FEBRUARY

ARTICHOKEs,	ONIONS, SPRING
JERUSALEM	PARSLEY
ASPARAGUS	PARSNIPS
BEETROOT	POTATOES
BROCCOLI, CORNISH	RADISHES
BRUSSELS SPROUTS	RHUBARB (Forced)
CABBAGE	SALSIFY
CARROTS	SAVOYS
CELERY	SCOTCH KALE
CUCUMBER	SEAKALE
CURLY KALE	SPINACH
LEEKs	SPRING GREENS
MINT	SWEDES
MUSHROOMS	TURNIPS
MUSTARD AND CRESS	TURNIP TOPS
ONIONS	WATERCRESS

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LEEK AND POTATO SOUP (POTAGE PARMENTIER)

Peel a pound of potatoes and cut them in quarters. Cut the white part of three leeks into thin slices, and fry them until they are soft but not at all browned in a little butter. To them add the potatoes, and a pint and a half of hot water. Season with salt, put on the lid, bring to the boil and boil quickly for twenty minutes or so. When the potatoes are soft, pass through a wire sieve, rinse the saucepan, put the *purée* back into it, bring to the boil and simmer gently for five minutes. Correct the seasoning, adding pepper, take the pan off the fire, stir in two egg-yolks beaten up with a little milk or cream, and add at the last a small piece of butter. Serve very hot, with *croûtons* of fried bread.

COLD ARTICHOKE MOULD

Boil two pounds of Jerusalem artichokes in milk, drain them, mash them, and make them into a rich custard with half a pint of milk, four yolks of eggs and a seasoning of salt and pepper. Whisk this well, and add the whisked white of one egg. Put the mixture into a well-buttered pudding-basin, and steam it for

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an hour. Then set the mould on ice, and turn the mould out, serving it with iced cream or a cold mayonnaise sauce.

The mould can of course be served hot, if preferred, in which case a cheese sauce or a tomato *puree* will go well with it, and should be poured over as it comes to the table.

DEVILLED BEETROOT

Mince up a small piece of onion, and fry it in butter. Add half a teaspoonful of Harvey's sauce, a pinch of salt and a pinch of dry mustard, mixed with a teaspoonful of flour, three tablespoonfuls of milk, and the same of cream. Cook with the onion for a few minutes, then add half a cooked beetroot in slices. Serve it when it is cold.

FRIED BROCCOLI

1. Parboil the broccoli, which you have broken up into flowerets, dry them well, and then fry them in butter until they are golden-brown. They can then be served with butter which has been cooked to a golden-brown (*beurre noisette*). This is poured over the flowerets and they are sprinkled at the last minute with some very finely chopped fresh parsley.

2. For this recipe you can use up any cold broccoli you may have. Let the cooked flowerets soak for half an hour in three tablespoonfuls of olive oil, the juice of a lemon, a few parsley stalks broken up, and salt and pepper. Turn them over once or twice during that time, then drain them, wipe them dry, dip them in

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frying batter, and fry them golden in deep fat. A tomato sauce goes very well with these.

BRUSSELS SPROUTS AU GRATIN

After the brussels sprouts have been cookéd, put them back into the pan with a good piece of butter, some pepper and a little grated nutmeg; then put into a fireproof dish, sprinkle with grated cheese, moisten perhaps with a little cream, and then brown quickly under the grill.

KOLCANNON

At the end of the last century, an admirable collection of recipes of all kinds was made by Lady Clark, of Tillypronie. It is from this that the following is taken.

If you make Kolcannon with carrots use only the red part of the carrots (the yellow part is too sweet, especially when they are old); boil, drain and pass through a sieve. Have ready some nicely mashed potatoes, and work carrots and potatoes well together with a spoon, keeping them warm over the hot-plate all the time. Season with pepper and salt, and add a little cream when nearly done.

Spinach, washed first in two or three waters, and potatoes are best of all for Kolcannon, spinach and carrots are also good.

The following Kolcannon of greens is good: 1 oz. of butter in a stewpan, and half an onion chopped. Fry a few minutes. Boil some greens and chop them fine; then take an equal quantity of mashed potatoes, mix all together and season.

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This is roughly the same as our English Bubble-and-Squeak, a good tip for which is to stir in a well-beaten egg to the mixture some minutes before serving.

CABBAGE WITH HORSERADISH SAUCE

Something a little exotic here. Boil your cabbage in the usual way, drain it, chop it up small, and season it. Put it into a dish, and serve it with horse-radish sauce poured over it.

KILMENY KAIL

This is a Scots recipe taken from an old cookery book, but none the less good to-day. It shows an interesting way of using these strongly but deliciously flavoured greens.

Cut a rabbit in pieces, and put it into a stewpan with a piece of pickled pork and enough water to cover them both. Prepare two heads of kale, add them to the broth when it is boiling, and boil steadily for three hours. Season with pepper, but be careful of the salt, as the pork will probably be salt enough. Serve as it is, and hand oatcakes with it.

FRIED CARROTS

Boil or steam the carrots until they are done, then cut them in pieces the size and shape of a large potato chip, fry them in plenty of olive oil, and serve them sprinkled with salt.

CELERY CROQUETTES

Take equal parts of celery and potatoes, and boil

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them together in salted water, mashing them and sieving them after they are cooked. Mix a *purée* with them, by adding butter and milk, and when it is well mixed and seasoned, bind it with egg-yolk. It should be fairly stiff when done. When it is cool, shape into little balls or croquettes, roll them in breadcrumbs and fry them golden in deep fat.

CURLY KALE

A good way of cooking this admirable greenstuff for serving with lamb or mutton. Prepare the kale, put it into quickly boiling and slightly salted water, cook it until tender, drain and squeeze it as dry as possible, and then rub it through a sieve. Put it back into the pan with a small piece of butter, a tablespoonful of cream and two tablespoonfuls of stock. Salt and pepper it, mix it well, and let it cook until it has reached the right consistence.

LEEK TART

This is a well-known dish in the north of France, and is extremely good. Take some leeks, cut up the white part only in small pieces (enough to make half a pound) and stew them gently with a large piece of butter, and salt and pepper. Meanwhile, make some pastry with half a pound of flour, four ounces of butter, half a beaten egg, three dessertspoonfuls of water and a pinch of salt. Line a well-buttered plate or flan case with this paste, pour into it the cooked leeks mixed with a beaten egg-yolk, cover with the rest of the paste, and bake in the oven until done, about twenty minutes or so. Eat it hot.

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MUSHROOM AND BACON PASTRIES

Get some small mushrooms, and cook them in butter. Cut some very thin rashers of streaky bacon into pieces about the same size as the mushrooms, and make little sandwiches of a mushroom between two pieces of bacon. Season these with cayenne or paprika, and wrap them in thin puff pastry. Bake them in the oven, and serve them very hot.

STUFFED ONIONS

Fry together in butter some chopped onion, parsley, a little garlic, and mix with a little tomato sauce or *purée*, pepper, salt, breadcrumbs and grated Parmesan or other hard white cheese. Bind with a beaten egg, and stuff parboiled onions with this mixture, finishing them by baking in the oven, and serving with a rich brown gravy.

FRIED PARSNIPS

1. Boil them in salted water until they are tender, then drain them well, and cut them in halves lengthwise. Fry them in hot shallow fat until brown, and serve them with a meat course, preferably beef or bacon.

2. Cut some boiled parsnips in rings about half an inch thick. Dip them in frying batter, and fry them golden in deep fat. Salt after frying.

3. Cut some raw parsnips into small pieces, and boil these carefully until they are soft. Mash them up, and add a little chopped parsley and onion, and bind if you like with a yolk of egg. Shape into fritters, roll in white

FEBRUARY

of egg and breadcrumbs, and fry in deep fat until golden.

POTATOES WITH MUSTARD SAUCE

Cook some potatoes in their skins, then peel them and cut them in rather thick slices. Put these into a fireproof dish, and pour over them a sauce made by browning some flour in butter, thickening it with stock and seasoning it with salt, pepper and a good deal of German or French mustard. Sprinkle now with breadcrumbs, dot with small bits of butter, and brown lightly in the oven.

SAVOY WITH PARMESAN

Boil the savoys well, then drain them on a sieve, trim them, and put a little grated Parmesan cheese with pepper and seasoning inside them. Put them into a clean pan with a thin slice of bacon on each cabbage half or quarter. Half cover them with stock, and put them into a good oven for about ten minutes. Serve them with the stock, but remove the pieces of bacon.

SEAKALE

Seakale is so good that it should always be served as a separate course, and then with only the merest flavour to disturb its own deliciousness, plain melted butter or a sauceboat of hollandaise sauce.

It is by no means to be despised, however, when cold, and even very slightly iced. It can then be arranged on a dish, and sprinkled with a few drops of tarragon

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vinegar, thick ice-cold cream being handed with it, or a mayonnaise sauce into which some whipped cream has been mixed at the last moment.

SPRING GREENS

Cook the young greens or cabbage in the usual way, drain them on a sieve, squeeze them well and put them aside. Melt one or two ounces of butter (according to the amount of the greens) in a frying-pan, and in it fry half a shallot, or indeed a small onion, chopped up, for two or three minutes, being careful not to let it brown. Then add the cabbage and let it warm through well but not fry at all, and season it before serving with salt, pepper and, if you like, a touch of nutmeg.

FRIED SWEDE

In Scandinavia they have a pleasant habit of cutting boiled swedes into slices, and frying these in shallow fat in a frying-pan. They are good with mutton or lamb.

TURNIP TOPS

Excellent fare, these; but they must be liberally 'buttered'. They should be plainly boiled, drained very well and chopped on a board, then put back into the pan with a good piece of butter and stirred over the flame until they are dried. A minute or two before serving stir in a piece of fresh butter, but do not let it cook.

MARCH

HOME-GROWN VEGETABLES IN SEASON IN MARCH

ARTICHOKEs,	ONIONS
JERUSALEM	ONIONS, SPRING
ASPARAGUS	PARSLEY
BEANS, DWARF	PARSNIPS
BEETROOT	POTATOES
BROCCOLI	RADISHES
BRUSSELS SPROUTS	RHUBARB, NATURAL
CABBAGE	SAVOYS
CARROTS	SCOTCH KALE
CELERY	SEAKALE
CUCUMBER	SPINACH
CURLY KALE	SPRING GREENS
LEEKs	SWEDES
LETTUCE	TOMATOES
MINT	TURNIPS
MUSHROOMS	TURNIP TOPS
MUSTARD AND CRESS	WATERCRESS

MARCH

WATERCRESS SOUP

Cook a pound of floury potatoes until they are about three-quarters done, then add a bunch of watercress well washed and chopped. When the potatoes are done, rub them and the cress through a fine wire sieve, put this *purée* back into the saucepan with some water, and cook a little longer without boiling. Cream can be added, and the yolk of an egg beaten with a little lemon juice. You can adorn it with a few chopped or whole leaves of the watercress and, as it is a thick-thin soup, with tiny cubes of fried bread.

JERUSALEM ARTICHOKE PATTIES

Make a fine *purée* of the artichokes boiled in milk, seasoned with pepper and salt, and use this to fill small round patties of light pastry. The patties must of course be cooked before they are filled.

FRIED BEETROOT

Cut a cooked beetroot into long slices and dip them into a batter made with a beaten egg, salt, pepper, a

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tablespoonful of flour, and a tablespoonful of white wine. Then roll them in a mixture of breadcrumbs and chopped parsley, and fry them carefully in deep fat.

SPROUTING BROCCOLI

This really delicious vegetable is usually ruthlessly murdered by the cook, being boiled until it is a mash, and then served up in a kind of watery triumph! A little trouble is needed, and the heads should be collected in bundles and boiled just like asparagus, care being taken to see that they do not get too soft. Drain them very well indeed, and hand some melted butter with them. They are quite good enough to make a slight course of their own.

FRIED CABBAGE

An Italian dish. Cook your cabbage, drain it very well, and chop it up. Put a couple of tablespoonfuls of butter in a frying-pan, and one of flour for every quart of chopped cabbage, and when this has made a white *roux* without lumps in it, add the cabbage, season with salt and pepper, and stir in a tablespoonful or two of vinegar. This is served as a separate dish, and garnished with hard-boiled eggs sliced or quartered.

MASHED CURLY KALE

Boil the kale in salted water until tender, then drain it very well and mash it. Put it into a saucepan with a large piece of butter, and sprinkle with flour and a spoonful of sugar. Add good stock or gravy, and simmer for half an hour. Serve garnished with fried onions.

MARCH

HASHED LEEKS

A rather bald translation of *Poireaux en Hachis*. Take a bundle of leeks, and remove all but the white part. Cook them in salted water until they are tender, cutting them in several pieces beforehand if they are large. Drain them very well indeed, and chop them up finely. Put a large bit of butter in a saucepan and when it is melted, add the chopped leeks, a good pinch of flour and a seasoning of salt, pepper and grated nutmeg. Cook the flour a little without browning it at all, then moisten with a cupful of cream. Cook a little longer, and at the last bind with a couple of egg-yolks. Excellent with veal, or as a separate course, in which latter case the dish should be garnished with *croûtons* of fried bread.

MUSHROOMS À LA BORDELAISE

So many of us ask especially for small mushrooms when we buy them that this excellent way of cooking large ones may be welcomed. Choose the thickest and firmest, and score the underside of each across in lozenges. Leave them to marinate, gill side downwards, for two hours in olive oil seasoned with salt and pepper, and then grill them. Now mince two or three shallots, and fry them in oil or butter with half their bulk of minced parsley, adding salt, pepper and a good squeeze of lemon juice. As soon as the shallot has begun to colour properly, pour this mixture over the mushrooms which you will have arranged top downwards in the dish. In the seasoning of this dish it is best to use freshly ground black pepper.

MARCH

CLAPSHOT

An Orkney dish of mixed vegetables. Mash together boiled potatoes and boiled turnips, half and half. Add some chopped chives, a good piece of dripping, and season with salt and pepper. Mix together thoroughly, and serve very hot.

STEWED WATERCRESSSES

An old Cornish recipe. Lay the cresses in strong salt and water; pick and wash them well, and stew in water for about ten minutes; drain and chop them; return them to the stew-pan, with a bit of butter, some pepper and salt; stew till tender. Just before serving put in a little vinegar; serve with fried snippets of toast. It is good with boiled chickens.

APRIL

HOME-GROWN VEGETABLES IN SEASON IN APRIL

ASPARAGUS	PARSLEY
BEANS, DWARF	POTATOES
BEETROOT	RADISHES
BROCCOLI	RHUBARB, NATURAL
CABBAGE	SAVOYS
CARROTS	SCOTCH KALE
CUCUMBERS	SEAKALE, NATURAL
LEEK'S	SPINACH, SPRING
LETTUCE	SPRING GREENS
MARROWS (FORCED)	TOMATOES
MINT	TURNIPS, SPRING
MUSHROOMS	TURNIP TOPS
MUSTARD AND CRESS	WATERCRESS
ONIONS, SPRING	

APRIL

SPINACH SOUP

Take three good handfuls of prepared spinach (that is, well washed and with the ribs removed), and cook it on a slow fire with a small piece of butter until the spinach "melts". Then chop it finely, add some hot water, simmer for half an hour, and then add a breakfastcupful of milk. Boil again until it is reduced by about a third, season it well, and bind with cream or egg-yolk before serving.

FRENCH BEANS WITH MAÎTRE D'HÔTEL BUTTER

Boil the beans in the usual way, and dish them. Pour over them some melted *Maître d'Hôtel Butter* in the proportion of two ounces of the butter to every pound of the beans.

Note.—*Maître d'Hôtel Butter* is butter pounded with chopped parsley, a little pepper and lemon juice.

FRENCH BEANS À LA TOURANGELLE

Blanch the beans in salted boiling water for a minute or two. Finish cooking them in a light well-flavoured

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béchamel sauce,' to which a very little chopped parsley and garlic should be added.

CABBAGE CAKE

Wash and boil your cabbage, and drain it as thoroughly as you can. Butter a pie-dish, dust it with browned breadcrumbs, then put in alternate layers of cabbage and minced meat until the dish is full. Cover with four or five rashers of fat bacon, put it in a moderate oven until the bacon is cooked and the pie heated through (it will take about three-quarters of an hour), and then turn it out, and serve it with thick gravy or some suitable sauce.

CUCUMBER AS HORS-D'ŒUVRE

Peel the cucumber, cut it in half lengthwise, take out the seeds, cut it into thin slices, put them on a plate, sprinkle them with salt, and leave them to exude their liquid for an hour. Then drain them on a cloth, season them with French dressing and, if you like, sprinkle them with a little chopped chervil.

FRIED CUCUMBER (1)

Cook some inch-thick slices of peeled cucumber in boiling water slightly salted and flavoured with lemon juice, for ten minutes. Take them out, drain and dry them, flour them, egg-and-breadcrumb and fry them in deep fat.

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FRIED CUCUMBER (2)

Peel a couple of cucumbers and cut them in pieces about an inch and a half long. Dry them carefully in a cloth, and toss them in flour. Heat up some deep fat until smoking, and fry the pieces of cucumber in a frying-basket until a golden-brown. Drain and serve very hot.

LETTUCE À LA CRÈME

Wash three or four good-sized cabbage lettuces, trim them and blanch them for eight or ten minutes in fast-boiling water. Plunge them at once into cold water, drain them and dry them, and cut them in quarters or eight parts according to their size. Put two ounces of butter in a pan, add the lettuces with a seasoning of salt, pepper and a pinch of castor sugar. Simmer very gently indeed for two or three hours, stirring fairly often with a clean wooden spoon. When tender, stir in the yolks of two eggs beaten up with half a gill of cream or milk, and serve when hot. Do not allow it to boil after the eggs have been added. Serve garnished with *croûtons* of fried bread or *fleurons* of puff paste.

MARROW SLICES

Peel and core a smallish marrow, and cut it in slices as you would a cucumber. Put the slices in a saucepan with a little salt, and let them stew very gently indeed. Meanwhile fry a large chopped onion until it is a golden-brown, and add to it a spoonful of vinegar. Pour this over the marrow in the other pan, and simmer together for half an hour. Serve very hot.

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MARROWS WITH CHEESE

Peel and slice some little marrows, and boil them for a few minutes only in salted water. Drain them, and leave them until they are cold. Then fry them in butter in a frying-pan, seasoning them with salt and pepper, and serving them well sprinkled with grated Parmesan cheese.

MARROWS WITH MINT

An uncommon dish worth trying. Use very small marrows, peel them, chop them up and brown them in a little butter. When they are cooked, add a little vinegar, and a few sprigs of mint.

MUSHROOMS À LA CRÈME

Peel the mushrooms and remove their stalks, and if they are at all large cut them into quarters. Melt a couple of ounces of butter in a stew-pan, and add the mushrooms and a *bouquet* of parsley, thyme and bayleaf. Toss them on a good flame till the mushrooms are done, then take out the *bouquet* and pour off all but a very little butter. Beat up the yolks of two eggs with a gill of cream, add them to the mushrooms and stir until the mixture is cooked. Season with a little salt, pepper and grated nutmeg, and serve very hot.

MUSHROOMS ON TOAST

The sodden fried mushroom and the burnt grilled one will quite spoil the end of any meal. By far the best way of cooking mushrooms for a plain savoury, so that

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they keep all their flavour, is to put them into a glass fireproof dish with a lid, with a little butter, and to let them cook as slowly as you possibly can in the oven. The ideal oven for this is the slow oven of the heat storage cookers, such as the Aga cooker. When they are cooked, you have a perfectly flavoured mushroom, and in addition some valuable buttery liquid which you can carefully preserve so as to use it in a sauce later on.

SPRING ONION OMELETTE

Lightly beat into the uncooked egg mixture as much chopped green part of very young spring onions as your instinct tells you is right. Add a very little chopped parsley, and make your omelette in the usual way.

POTATOES À LA DAUPHINOISE

An excellent dish of potatoes, especially good with mutton. Peel a couple of pounds of potatoes (old ones are best), cut them into thin slices and mix them with an egg beaten up in a pint and a half of boiled milk, seasoned with salt, pepper and grated nutmeg and a quarter of a pound of grated Gruyère cheese. (Other hard cheese could be used, but Gruyère is best for this.) Rub a fireproof dish round with a piece of cut garlic (leave this out if you hate the flavour, but it gives the authentic touch), butter it well and pour in the mixture. Sprinkle a little more cheese on the top, and bake in a moderate oven for about three-quarters of an hour.

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POTATO CROQUETTES

A variation from Poland. Chop up finely a hard-boiled egg and a couple of anchovy fillets for each pound of the mashed potato. Mix well, shape into cakes and fry in hot fat.

RHUBARB BUTTERSCOTCH PIE

Here is a sweet by which our American cousins can teach us something. Line a plate or shallow fireproof pie-dish with pastry, and fill it with three breakfast-cupfuls of chopped rhubarb. Mix together half a cup firmly packed with brown sugar, three tablespoonfuls of flour, a pinch of salt and two eggs beaten up with three tablespoonfuls of thick cream. Pour this over the rhubarb, and bake the pie in a hot oven for ten minutes, and then reduce to moderate heat and bake for another twenty to twenty-five minutes, or until the rhubarb is tender and the top crust set. If you wish, you can hand whipped cream with this very pleasant pie.

SPINACH SUBRICKS

Blanch some spinach, drain it and chop it finely. Cook in butter till it is fairly dry, and mix it with a few spoonfuls of thick white sauce. Season the mixture well with salt, pepper and grated nutmeg, and stir into it, off the fire, yolk of egg in the proportion of two yolks to each pound of spinach. Now melt a piece of butter in a pan and put in spoonfuls of the mixture, making sure that they do not touch. When one side is browned, turn them over carefully and brown the

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other. Arrange on a dish, sprinkle them with grated cheese, and on serving pour a little melted butter over them.

SPINACH (ITALIAN FASHION)

Boil the spinach, drain it and squeeze it in a cloth to extract as much moisture as possible. Chop it coarsely, and mix with it two ounces of butter for every pound of spinach. Mix and stir well over a moderate fire until dry, and at the last minute add a heaped tablespoonful of raisins and a heaped teaspoonfuls of pine kernels.

BAKED TURNIPS

Cut up half a dozen or so small turnips in thin slices and put layers of them in a pie-dish or fireproof dish, sprinkling each layer with grated cheese, salt, pepper, and a suspicion of nutmeg. Pour in a cupful of milk, or gravy, sprinkle with breadcrumbs and a little melted butter, and bake in the oven. Cayenne pepper may with advantage be added to the seasoning.

WATERCRESS À L'ALLEMANDE

Wash the cress, and chop it up lightly. Now make a sauce by melting two ounces of butter in a saucepan, stirring in two ounces of flour, let it brown delicately, and moisten with half a pint of water (or weak stock, but water is best), and stir until it boils. Season with pepper, salt, a touch of nutmeg, and a little vinegar or lemon juice, put in the chopped cress, boil up, and serve at once.



MAY

HOME-GROWN VEGETABLES IN SEASON IN MAY

ASPARAGUS	MUSTARD AND CRESS
BEANS, DWARF	ONIONS, SPRING
BEETROOT	PARSLEY
BROCCOLI	POTATOES
CABBAGE	RADISHES, OUTDOOR
CARROTS	RHUBARB
CAULIFLOWER	SPINACH
CUCUMBER	SWEDES
LETTUCE	TOMATOES
MARROWS	TURNIPS
MINT, OUTDOOR	WATERCRESS
MUSHROOMS	

MAY

CAULIFLOWER SOUP

Cook a cauliflower in boiling salted water for twenty minutes, then cut it in half. Set aside one half and keep it warm, and pass the other through a coarse sieve. Now chop a small onion and fry it for a few minutes in two ounces of butter with a bayleaf. Take out the bayleaf and stir in an ounce of flour. Add to this two pints of white stock, stirring well. Meanwhile boil a pint of milk, mix it with the cauliflower *purée* and mix it with the stock. Season with salt, pepper and a little celery salt, strain, and put in the rest of the cauliflower which you have broken into small pieces. Serve with *croûtons* of fried bread.

ASPARAGUS À LA CRÈME

First cook the asparagus in the usual way, and, when well drained, cut the soft part of the heads into pieces about an inch long. (It is just as well, by the way, to keep the asparagus rather underdone for the first part of its cooking.) Keep them hot while you melt a piece of butter in a saucepan, add to it plenty of cream, and season with salt, pepper, and, if you like, the tiniest grating of nutmeg. Bring the cream and butter to the

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boil, then add the asparagus, and shake over the fire for a minute or two longer, until the sauce thickens. Do not stir it or you may break the asparagus pieces. And be sure that those pieces are very well drained and quite dry before you add them to the cream, or the appearance of this attractive dish will be quite spoiled.

ASPARAGUS À LA POLONAISE

Sprinkle the tips of cooked asparagus with hot hard-boiled egg yolk and finely chopped parsley, and throw over it at the last moment some fresh breadcrumbs which have been made golden in butter when it is just foaming.

ASPARAGUS À LA NORMANDE

Cook the asparagus in the usual way, drain it well, and serve with this sauce. Melt a good piece of butter in a casserole and fry in it a finely minced onion. Then add a little more butter, a tablespoonful of flour to make a *roux*, and moisten it with cider, adding, if necessary, more butter in little pieces while stirring well. Season with salt, pepper, and a pinch of grated nutmeg or cinnamon, if you prefer it.

FRENCH BEANS LANDAISE

Boil the beans, drain them, and put them into a saucepan with a little butter, seasoning them with salt and pepper. Cook for five minutes or so without browning them, then add a good sprinkling of grated cheese and a gill of cream for every pound of beans. Mix well, heat through and serve.

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FRENCH BEANS AND BACON

String the beans and in this case cut them into small pieces instead of slicing them. Boil them until tender, then drain them, and season them with salt and pepper, moistening them with a good piece of butter. Keep them hot. Meanwhile you will have cut some thin rashers of bacon into small cubes or dice, and these you will have fried nicely brown with a little very finely chopped onion. Add these to the beans, shake together and serve very hot.

CABBAGE AS IN BAVARIA

Prepare and blanch your cabbage for ten minutes in boiling water. Drain it well and put it into a stew-pan or casserole with four ounces of gammon-rasher cut in small cubes, two or three tablespoonfuls of water, the same of vinegar, a teaspoonful of caraway seeds and a little salt. Cover and simmer for an hour, then add a glass of white wine and two tablespoonfuls of granulated sugar, put the lid on again, and simmer for another hour. Just before serving thicken with a dessertspoonful of flour, and sprinkle with pepper.

CARROTS AU GRATIN

Cut six large carrots in quarters, and blanch them for half an hour; then drain them and finish cooking them in stock. Pass them through a sieve, keeping them warm the while, season the *purée* with salt and pepper, sprinkle in a good pinch of flour and one or two tablespoonfuls of the liquor in which they were cooked. Now add

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separately three yolks of eggs and six well-whisked whites, mix well together, and pour the mixture into a shallow fireproof dish, well buttered beforehand. Bake in a moderate oven for a quarter of an hour, and serve as quickly as possible.

CAULIFLOWER WITH SHRIMPS

A delicious dish that hails from Belgium. Boil or steam your cauliflower, keeping it whole and being careful that it is not overcooked and will not fall to pieces. Drain it when done, and leave it to get cold. Stand it upright on a dish, cover it with mayonnaise sauce, and garnish with plenty of picked shrimps, or if you like prawns cut in small pieces. You can add, if you wish, some prettily cut cold carrot and gherkins and some cooked peas; but in my opinion it is better with the shrimps alone.

STEWED CUCUMBER

An Austrian fashion. Peel and slice some cucumbers. Make a sauce by melting a little butter in a saucepan, adding a little flour, browning this lightly and moistening with stock. Then add sour cream, the juice of half a lemon, a clove of garlic (if you like), salt and pepper. Stew the cucumber slices gently in this until tender, and when they are done serve them with the sauce strained over them.

BAKED LETTUCES

Trim and wash the lettuces, which should preferably be Cos lettuces, and cut them across in finger-wide

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strips. Put two pounds of them in alternate layers with about two ounces of butter in little bits into a thick stewpan. Press them well down, and put on the top four small onions, a bouquet of parsley, thyme and bayleaf, and two lumps of sugar. Do not add any liquid. Put on the lid and cook for a good three-quarters of an hour on a very moderate fire. On serving, take out the bouquet, bind the sauce with a little butter kneaded with flour, and serve with castor sugar handed separately for those who like it.

STUFFED MARROW RINGS

Peel the marrow, cut it in rings about an inch and a half thick, remove the pips, etc., and leave the rings, sprinkled with salt, on a sieve for half an hour. Then boil them for a quarter of an hour, drain them very well indeed, and arrange them in a large shallow fire-proof dish which you have buttered well. Fill the rings with whatever meat stuffing or forcemeat you like, and, when they are stuffed, pour over each a little gravy or tomato sauce. Sprinkle them with breadcrumbs, dot with a little butter and bake for about ten minutes in a hot oven.

MARROW (HUNGARIAN FASHION)

Melt four ounces of butter and fry in it two or three finely chopped onions until they are golden brown. Meanwhile peel the marrow, and cut it up into little strips. Add them to the onions, put on the lid and cook slowly for half an hour. Then add a teaspoonful of paprika pepper and a cup of sour cream. Let this warm.

MAY

through (it will take about a quarter of an hour), and serve sprinkled with chopped parsely.

MUSHROOM SOUP

Peel half a pound of mushrooms and cut them up. Slice an onion and put this with the mushrooms into a pint of water, seasoning to taste. Bring to the boil and simmer slowly for half an hour, then rub the mushrooms and onion through a sieve, and return them to the strained liquor. Make a *roux* with four tablespoonfuls of butter and the same of flour, moisten this with the mushroom liquor, and finish with a cup of cream on serving.

STEWED ONIONS

Skin a pound of small onions, and boil them for about a quarter of an hour. Melt in a separate saucepan an ounce or so of butter, stir in a heaped tablespoonful of flour, and moisten with a teacupful of stock and a large glass of red wine. Add a bouquet of parsley, thyme, and bayleaf, a chopped shallot, three or four cloves and a seasoning of salt and pepper. Add the onions, which you have drained well, and let them simmer until they are tender. Then dish them, strain the sauce, reduce it by rapid boiling until thick enough, and pour it over the onions, garnishing them with chopped anchovies, whole capers, and small *croûtons* of bread fried in butter.

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SPRING ONION TART

Line a plate with pastry. Fill it with spring onions chopped and fried in butter and mixed when they are cool with three well-beaten eggs and three tablespoonfuls of cream. Cover with more pastry and bake in the oven. Serve hot.

POTATO OMELETTE

Fry some small cubes of potato in butter till they are done; then add them to your eggs and make the omelette in the usual way, taking care to season it rather well. A little chopped parsley and spring onion mixed together is an undoubted improvement.

POTATO AND CAULIFLOWER CROQUETTES

Mash some cooked potatoes and mix them with an equal quantity of cooked cauliflower flowerets, moisten with a little cream and let the mixture get cold. Then shape it into croquettes, egg-and-breadcrumb them, and fry them in deep fat.

SPINACH OMELETTE

Cook and season two pounds of spinach. Beat up six eggs with a little milk, season with salt and pepper, and use to make cheese omelettes, of which you will want three. Make the first, and when the under-side is brown, spread over the top with half the spinach, keeping the omelette flat. Make another omelette, lay it on top of the spinach, cover this with the rest of the spinach, and then put the last omelette on top (this last

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one must be browned on both sides). Sprinkle with grated cheese, and heat up the whole pile in the oven for two or three minutes.

SPINACH CROQUETTES

Boil the spinach in salted water, then drain it, mash it up, and mix it with a beaten egg and a few spoonfuls of grated cheese. Roll this mixture into little sausage shapes, flour them, egg-and-breadcrumb them, and fry them in deep fat. A touch of nutmeg is always an improvement where spinach is concerned.

WATERCRESS SOUP

Wash, drain and chop some watercress coarsely. Bring some lightly salted water to the boil, and throw in the leaves. Bring to the boil again, and add a pinch of fine tapioca for each person, and let the soup boil for half an hour. Then mix a good piece of butter with two egg-yolks, put this into a soup tureen, and when the soup is ready, pour it slowly over this, stirring all the time. At the last minute, whip in a spoonful of cream for each person, and garnish if you like with a pinch of chopped chervil.

JUNE

HOME-GROWN VEGETABLES IN SEASON IN

JUNE

ARTICHOKEs,	MINT
GLOBE	MUSHROOMS
ASPARAGUS	MUSTARD AND CRESS
BEANS, BROAD	ONIONS, SPRING
BEANS, DWARF	PARSLEY
BEETROOT	PEAS
BROCCOLI	POTATOES
CABBAGE	RADISHES
CARROTS	RHUBARB
CAULIFLOWER	SPINACH
CUCUMBER	TOMATOES
LEEKs	TURNIPS
LETTUCE	WATERCRESS
MARROWS	

JUNE

COLD ASPARAGUS WITH GREEN SAUCE

Cook the asparagus, drain it well, and let it get cold. Ice it a little, if you like, before arranging it on lettuce leaves. Serve separately a green sauce made by pouring boiling water on a tablespoonful of chopped parsley, chopped chives and a chopped shallot, draining these and pounding them well together, and finally mixing the *purée* with half a pint of thick mayonnaise sauce.

ASPARAGUS FRITTERS

Cook the asparagus till nearly done. Cut off the tips, not too shortly, and put them into cold water. Drain them and let them dry. Now roll them in flour and tie a few together in little bundles. Dip these in beaten egg and fry in deep fat till golden. The small thin asparagus (sprew) is perhaps best for this dish.

ASPARAGUS AU GRATIN

Cook the asparagus, drain it and dish it up flat. Coat the heads with a little Mornay sauce, sprinkle with a little grated Parmesan cheese, cover the stalks with buttered paper and brown the heads quickly under the grill.

JUNE

BROAD BEAN SALAD

Shell and skin some young broad beans, cook them and let them get cold. Sprinkle them with finely chopped Summer Savoury (if you can get it), or failing that with parsley, and dress them with olive oil, vinegar, salt and pepper. Served as a salad or an *hors-d'œuvre*, this dish should be sprinkled at the last moment with the chopped yolk and white of hard-boiled egg.

BROAD BEAN SOUP

Shell some young broad beans, and peel enough to make two-thirds of a pound. Boil them in salted water for ten minutes, with a sprig or two of Summer Savoury if possible, otherwise a small sprig of thyme. Drain them then, and finish cooking them in a pint and a quarter of Béchamel sauce. Now rub all through a hair sieve, moisten with half a pint of milk and heat up again, but without boiling. Serve enriched with cream, and garnished with a few very small beans cooked in halves, and a very little chopped Summer Savoury or parsley as well.

BROAD BEANS AND BACON

I have borrowed this, with gratitude, from Mrs. Oriana Haynes' *Cooking and Curing*.

Put a layer of fat bacon in a casserole, then a layer of broad beans and so alternately until the pot is full and a layer of bacon at the top. Put in some butter, some chopped parsley, a little pepper. Cover tightly and bake slowly one hour.

JUNE

BROAD BEANS WITH HAM

An epicure's version of the plainer dish! Boil your young broad beans, after shelling and skinning them, season them with salt and pepper (black) and a touch of sugar, and melt a good piece of butter among them. Serve them with slices of ham gently heated in Madeira sauce.

FRENCH BEANS À LA GRECQUE

Break some whole, but if necessary stringed, French beans in halves, and boil them in salted water. When they are done, drain them well. Put a teacupful of stock into a saucepan large enough to hold the beans, add an onion or two finely chopped, some chopped parsley and season with celery salt, or add two or three pieces of celery cut in thin strips. Bring this to the boil, add the beans and boil them gently in it until the onion is cooked. Thicken then, off the fire, with two egg-yolks beaten into the juice of half a lemon, making as hot as possible without boiling, and serve at once.

FRENCH BEANS À LA BÉARNAISE

In the south of France they have this attractive way of serving French beans. Cook them whole in the usual manner, and when they are done and properly drained, add to them some shreds of lean ham and little bits of tomato flesh. Season with salt and pepper, put all into a pan with a good piece of butter, and cook together for a few minutes.

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CABBAGE BALLS

Parboil the cabbage only, so that the outer leaves can be handled without breaking them. When the cabbage is thus cooked, let it drain and get cool. Now take off as many outside leaves as you want cabbage balls, and chop up the rest of the cabbage, discarding the hard bits and seasoning it nicely with pepper and salt. Put some of this chopped cabbage in the middle of each of the leaves, form into a ball, tie with thread, and braise them in good stock.

You can make a luncheon dish of balls like this, if, in addition to the cabbage, you put inside, in the very middle, a little ball of sausage-meat or some kind of forcemeat or mince. In that case you could serve them in a rich sauce or gravy.

FRICASSÉE OF CARROTS

Take a bunch of small young carrots, scrape them and wash them. Melt a good bit of butter in a frying-pan, and when it is getting hot add the carrots and cook them, shaking them and rolling them about now and then. When they are about three-quarters done, add a rasher of bacon cut in very small bits, and some chopped parsley. Finish cooking and sprinkle with salt before serving.

CAULIFLOWER WITH MINT SAUCE

In one of his books, M. Boulestin has a recipe for this strange mixture, which at any rate should be tried. Having boiled the cauliflower and drained it well, you

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must put it in your dish, and serve it with plenty of mint sauce poured over it.

CAULIFLOWER WITH TOMATO SAUCE

Small cauliflowers can be cooked whole, drained well, and served covered with a well-flavoured tomato sauce, as is done in Spain.

CUCUMBER WITH CREAM

Peel some cucumbers, cut them in halves and take out the seeds. Cut the flesh into small pieces, and boil these in water until they are soft. Drain them and dry them. Put them into a sauce made by mixing two ounces of butter with a tablespoonful of flour, seasoning with salt and pepper and moistening with a cupful of cream, and let them heat through without boiling. They are then ready to serve.

BOILED LEEKS

Trim the young leeks, leaving only four or five inches of the white part. Boil them until tender, but still quite firm (about twenty minutes or so should do it) in plenty of boiling salted water to which you have added a tablespoonful of vinegar. Drain them well, and finish them by cooking in butter in a frying-pan until they are lightly browned. Season with salt and pepper on dishing up.

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BRAISED LETTUCE

Wash, drain and wipe the hearts of five small lettuces, and put them into a saucepan with two tablespoonfuls of butter, three of good stock, salt, pepper and a small handful of green peas. Add a teaspoonful of chopped parsley, bring to the boil and cook gently with the cover on for about half an hour.

STUFFED MARROWS

Take some small green marrows, cut them in half (do not peel them) and take out the seeds. Boil them in salted water until they are tender, but not at all broken. Now stuff them with the following mixture which you have prepared beforehand. Fry one or two tomatoes in butter, and mix them with grated cheese, a cup of sausage-meat and a seasoning of salt and pepper. Sprinkle the stuffed marrows with bread-crumbs, dot with a few bits of butter, and brown them quickly in the oven.

STEWED MARROWS

This is the Austrian way. Peel the marrows and cut them in two-inch lengths, sprinkle them with salt, and leave them for half an hour. Melt some butter in a saucepan and add half the amount of flour. Moisten with good stock, and when the sauce is well blended add a teaspoonful of vinegar, salt, pepper and some caraway seeds, how many depends on your taste. Now put the marrows into the sauce, bring to the boil, and simmer until tender. Serve them with the sauce strained over them.

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GRATIN DE COURGETTES

Take some small marrows about three inches long, scrape them lightly, chop them up finely, and put them into a wide saucepan with just enough water to prevent their catching, about a tablespoonful. Add a pinch of salt, and stir and cook them until all the water has evaporated. Then add a little butter, some thin cream, grated cheese, and one egg. Mix, pepper lightly, and pour into a shallow fireproof dish. Sprinkle liberally with grated cheese, dot with butter, and brown quickly in the oven.

MINT CAKES

Make some flaky pastry, roll it out and cut it into rounds about three inches in diameter. Mix together six ounces of cleaned and stemmed currants, an ounce of finely chopped candied peel, an ounce of butter cut in small pieces, two ounces of castor sugar and a small tablespoonful of freshly chopped mint. Put a small teaspoonful of the mixture on each round of paste, draw the edges together, turn over and work into a flattened round cake. Brush with beaten egg, and bake in a hot oven for fifteen to twenty minutes.

CANAPÉ QUO VADIS

This little savoury consists of toasts surmounted first by a poached herring's roe (or two if they are small ones), and then by a grilled mushroom.

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CANAPÉS IVANHOE

These savouries are little buttered toasts spread with a thick creamy *purée* of smoked haddock, on top of which is placed a grilled mushroom.

PETITS POIS À LA FRANÇAISE

Put a pint and a half of shelled peas, all the same size, in a thick enamel saucepan with the heart of a small cabbage lettuce cut in half, a dozen button onions cleaned but not peeled, two and a half ounces of butter, and three lumps of sugar broken into small pieces. Mix these well together, and leave in a cool place with a cover over them for an hour. When you are ready to cook the peas, add half a dozen tablespoonfuls of cold water and a bouquet of four sprigs of parsley tied together with, if possible, a sprig of summer savoury. Cover the pan with a soup plate—with half a cupful of cold water in it—so that it fits well down on to the pan. Now put the pan on an even heat, and when its contents come to the boil, move it to the side of the fire (or on to a low flame under an asbestos or other mat). The peas must poach, not simmer. If they cook too fast or too long they will mash. Allow eight to ten minutes for them to come to the boil and twenty-five minutes afterwards. During their cooking, renew the water in the soup plate two or three times (when it begins to get appreciably hot), and shake the pan now and again, but do not stir the peas with a spoon. At the end of this time there should be only about a tablespoonful of liquid left. Two or three minutes before

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serving take out the bouquet, and put the onions and lettuce on a plate to keep warm. Toss the peas over a flame, so that the remaining liquid reduces, and then add half an ounce of butter in small pieces, shaking it carefully into the peas. Now put them into a dish, and arrange the lettuce and onions around them, so that you can distribute these 'extras' among those who like them.

GREEN PEAS (ANOTHER WAY)

Shell two pounds of young green peas, and put them into a double saucepan with a large lettuce, an ounce of butter, a teaspoonful of white sugar and a tablespoonful of chopped onion with some chopped parsley and mint. Cover tightly, and cook over boiling water for half an hour. Do not add any liquid to the vegetables. Take out the lettuce before serving.

POTATOES WITH CHEESE (GRATIN SAVOYARD)

Chop up very finely some raw peeled potatoes, and season them with salt, pepper and grated nutmeg. Butter a shallow fireproof dish, put in a layer of the potatoes and cover it with a layer of grated Gruyère cheese. Then more potatoes, and more cheese. Moisten with good stock, dot with butter and put on the top of the stove till the stock boils. When it has boiled for ten minutes, put the dish into the oven and cook it until the top is golden and all the stock has disappeared. Floury potatoes are good for this dish.

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CHAMP

This is the most popular potato dish in Ireland, and is really nothing more than well-mashed potato mixed with some other vegetables. Here are three specimens.

Chives Champ. For one and a half pounds of potatoes use half a teacupful of chopped chives at least and half a pint of milk. Boil the potatoes, drain them and pound them. Meanwhile wash the chives, chop them in quarter-inch lengths, and boil them for twenty minutes in the milk. Pound the chives with the milk into the potatoes, seasoning with salt and pepper.

Parsley Champ. Boil two large tablespoonfuls of chopped parsley in the milk for three minutes, then beat into the potatoes.

Pea Champ. Cook some young green peas in the milk until they are tender, and then pound them with the potatoes, seasoning to taste.

In the peasant districts of Ireland, Champ is served very hot, and very hot plates, with good butter, and with milk or buttermilk to drink with it.

RADISHES AS HORS-D'ŒUVRE

Mince up the radishes finely, and serve them dressed with olive oil, vinegar and mustard.

SPINACH PANCAKES

An excellent light entrée. Mix finely chopped cooked spinach with an equal amount of batter. Season well, and cook as any pancake. (You will find that a touch of nutmeg is the right thing with spinach.)

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SOLE WITH SPINACH

Lemon, or Torbay, sole will do for this dish. Have the fish filleted, flour and season the fillets, and cook them in butter until golden on each side. Arrange them round a heap of cooked spinach with which you have mixed some finely minced onion fried separately in butter. Sprinkle some breadcrumbs over the dish, add a little melted butter, and brown quickly in the oven.

WATERCRESS BUTTER

Most of us like a little pat of *Maitre d'Hôtel* Butter on our grilled chops or steaks. Watercress Butter is even nicer. Chop the watercress very finely, and knead it up with the butter with salt and a little lemon juice.

MIXED VEGETABLE STEW

Take half a dozen different sorts of young vegetables in equal quantities, e.g. carrots, cauliflowers, green peas, French beans, asparagus, cucumber, etc. Prepare them and cut them into neat pieces or slices. Melt a couple of ounces of butter in a casserole, pour in half a gill of boiling water, add the vegetables, put on the lid and stew gently for forty minutes or so. On serving, add a gill of cream.

AN INTERLUDE ON TOMATOES

In the summer months there are few vegetables more delicious than tomatoes, and English tomatoes are the finest of their kind. They can be used in almost every conceivable way in the kitchen, a great many of which are familiar to the cook and housewife. There follow fifty recipes for treating tomatoes a little differently from the usual methods which can be found in any cookery book, as *bors-d'œuvre*, in soup, and in dishes hot or cold. Your doctor will tell you how good they are for you and your family: I can only hope to remind you how extremely nice they are to eat.



AN INTERLUDE ON TOMATOES

TOMATO JUICE COCKTAIL

Mix together one breakfastcupful of tomato juice, one tablespoonful of mild vinegar, two teaspoonfuls of castor sugar, a tiny bit of bay leaf, one teaspoonful of grated or minced onion, one tablespoonful of lemon juice and one crushed celery stick. Let them stand for a quarter of an hour and then strain through a fine cloth. Chill and serve in cocktail glasses.

TOMATOES AS HORS-D'ŒUVRE

The skins and the pips of the tomatoes should be removed before they are sliced. They are served dressed with a French dressing and sprinkled with finely chopped parsley.

An American way of serving them as *hors-d'œuvre* is to alternate the slices with very thin rings of raw onion.

QUARTERED TOMATOES

A very delicious and unusual *hors-d'œuvre*. Get medium-sized, rather firm tomatoes, skin them and scoop out the pith and pips. Then fill them with a

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jellified fish *purée* or with a *mactdoine* of vegetables bound with the jelly-thickened mayonnaise. Put them on ice or in the refrigerator for half an hour, and then cut them in quarters and serve them as cold as possible.

STUFFED TOMATOES HORS-D'ŒUVRE

Peel, scoop out and chill some small tomatoes, and serve them in a green salad, stuffed with any of these fillings:

Cooked rice mixed with chopped cooked chicken's livers, bound with mayonnaise sauce.

Cooked peas, rice, and mayonnaise sauce.

Tinned sweet corn (or cooked fresh sweet corn), mixed with whipped cream, and seasoned with salt and pepper.

Mixed vegetable salad bound with mayonnaise sauce or French dressing.

Lobster or crab salad or prawns.

Shrimps and rice, bound with mayonnaise.

Any cooked white fish mixed with mayonnaise sauce.

And so on.

TOMATO SOUP

This soup comes from Provence so the use of olive oil is essential if the authentic flavour is to be captured. But it might be made with butter. Fry lightly the white part of two leeks in a little oil, sprinkle with flour and add a cupful of stock. When this is boiling, add five or six quartered tomatoes, a stick of celery, salt, pepper and a *bouquet* of parsley, thyme and bayleaf with, if you like it, a bruised clove of garlic. When this boils

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anew, pour in a quart of water, cover and simmer for half an hour. Take out the *bouquet* with the garlic and the tomato skins, and serve with *croûtons* of bread, fried in oil. Or, instead of the *croûtons*, you can add twenty minutes before serving, a handful of rice and a few little cubes of lean bacon fried beforehand in oil.

TOMATO SOUP WITH MILK

Put a pound of tomatoes into a saucepan, and let them cook very slowly indeed as they are, without adding anything except the lid to the pan. When they are done, rub them through a sieve, and moisten them with five cupfuls of water. Bring to the boil and add a couple of tablespoonfuls of fine tapioca. Cook until the mixture thickens, and then add by degrees hot boiled milk, stirring well until you reach the consistency you want. Season with salt and pepper and serve.

SPANISH TOMATO SOUP

Have ready some good *consommé*, bring it to the boil, add a few tablespoonfuls of thick fresh tomato *purée*, and five minutes before serving cook a tablespoonful or two of vermicelli in it.

TOMATO SOUP WITH ONIONS

See page 125, Soupe aux Noix.

POTAGE SOLFERINO

Cut up a medium-sized onion and the white part of three or four leeks into thin slices and let them stew without browning in an ounce or so of butter. Add

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three pints of meat or vegetable stock or salted water, and bring to the boil. Add now three-quarters of a pound of tomatoes, halved and with their pips removed, and half a pound of potatoes cut in slices. A clove of garlic should also be added, for its flavour will not be too noticeable in the finished soup. Cover and simmer for half an hour or until the potatoes are cooked. Rub through a fine sieve, dilute with the stock or water if necessary, heat up again and serve garnished with lozenges of French beans, tiny balls of boiled potato and some roughly chopped chervil. A touch of cayenne in the seasoning is an improvement.

BAKED GREEN TOMATOES

Boil a pound of green tomatoes until they are soft, then slice them and put them in a fireproof dish in alternate layers; thin rashers of bacon, tomatoes, grated cheese, sprinkling every three layers with salt and pepper. Add a little stock, cover with breadcrumbs, dot with butter, and bake until the top is golden brown.

BAKED HADDOCK WITH TOMATO

Use either dried or fresh haddock, cut it in pieces of equal size, and put them in a baking-tin with a little oil. Pour over four tablespoonfuls of white wine (as this is a Spanish dish, Spanish wine would be excellent), cover it with fresh tomato *purée*, sprinkle with white breadcrumbs, finely chopped garlic and parsley, and bake in the oven for a quarter of an hour.

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CHASSE

A dish which Lady Jekyll hardly labelled as 'A Breakfast Dish'. 'Collect one onion, six tomatoes, three potatoes, a slice of ham, some grated cheese, red pepper and a pinch of allspice. Fry the onion lightly, add the skinned tomatoes and ham, both cut up small. When these are well browned in a buttered sauté-pan, add a little water and the diced potatoes, and cook slowly until these are done. Before serving mix in the grated cheese slightly flavoured with red pepper till the mixture is ropy. Pour on a hot dish, and serve with nicely poached eggs on the top. If preferred, omit the cheese.'

CHEESE TOMATOES

Whip some aspic jelly until it is spongy, then whip in an ounce of cream cheese which has been beaten till soft and flavoured with a little made mustard and cayenne pepper. Beat these lightly together and then carefully stir in an ounce of finely grated Parmesan cheese. Fill hollowed-out tomatoes with the mixture, covering them with a thin layer of aspic jelly, flavoured with a little tomato juice, and let them set. Serve very cold.

COLD STUFFED TOMATOES

There are so many well-known ways of preparing these that I will content myself with giving one or two fashions which may perhaps be new to some. These stuffings might be tried: tunny fish mixed with the pulp and seasoned with chopped herbs; yolks of hard-boiled eggs mixed with mayonnaise and sprinkled with

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chopped parsley; *Salade Russe*; tinned salmon mixed with a little mayonnaise; strips of cheese, tongue, apples and celery bound with mayonnaise. The tunny fish is particularly recommended. The tomatoes are of course served on little rounds of buttered toast.

DEVILLED TOMATOES (1)

Peel the tomatoes, and slice them rather thickly. Coat the slices with butter kneaded with mustard flour, dust this generously with freshly ground black pepper, and a touch of cayenne or coralline pepper, and bake or grill them quickly for five or ten minutes according to their size.

DEVILLED TOMATOES (2)

Peel and slice some tomatoes and fry them gently in a little butter so that they do not brown or break. Keep them warm, and make the following sauce. Mix two hard-boiled egg-yolks with two ounces of butter, add two tablespoonfuls of vinegar, half a teaspoonful of made mustard, a good pinch of salt and of sugar and a little cayenne pepper. Heat this sauce in a saucepan, arrange the slices of tomato on buttered toasts. Now add two beaten eggs to the sauce and stir them till they thicken. Pour over the tomato slices, and send to the table quickly. A small pinch of freshly chopped parsley on the top of each toast will add pleasure to the eye and to the palate.

FRIED TOMATOES

We all know how delicious tomatoes are with our

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bacon for breakfast, even when they are sliced and fried; but to try them this way is to learn how delicious they really can be. Get small tomatoes, as small as a cherry if possible, heat a little butter in a frying-pan (or use the bacon fat), and toss the tiny tomatoes in this, turning them now and again with a teaspoon and being particularly careful not to prick them or they will be spoiled. When they are glazed and cooked, serve them at once. They should take about ten minutes.

GRILLED TOMATOES WITH OLIVE SAUCE

This is an unusual American recipe. Cut half a dozen medium-sized tomatoes in half crosswise, brush the cut sides with melted butter, and sprinkle them with salt, pepper and breadcrumbs. (You can add grated cheese to the breadcrumbs if you like.) Grill the stuffed tomato halves for two minutes, or until the top is lightly browned. Then serve them with a white sauce bound with egg-yolk and cream, to which you have added chopped black olives.

ICED TOMATOES

Scald some small round tomatoes, and peel them. Ice them, and serve them with the following sauce handed separately: stir three yolks of eggs, half a pound of butter and salt and pepper to taste together until the eggs begin to thicken, then add a small wineglassful of finely sieved tomato *purée*, half an ounce of chicken jelly, a dessertspoonful of chopped parsley, and half a teaspoonful of capsicum (chilli) vinegar.

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SCRAMBLED EGGS À LA PORTUGAISE

One of the best of all scrambled egg dishes. Simply scramble the eggs in the best way you know, dish them with a space in the middle, and fill this with a rather thick tomato *purée*, for instance the Tomato Fondue given on page 95.

Some people like to mix some tomato pulp with the eggs before they are scrambled, but this is not nearly as good.

STUFFED TOMATOES À LA NAPOLITAINE

Cut the tomatoes in half, take out the core, pulp and pips, leaving the flesh inside the skin. Fill them with a thick sauce made with butter, flour, grated cheese and a little milk (add an egg if you like), and bake them in the oven for half an hour. Serve on toasts.

STUFFED TOMATOES À LA PORTUGAISE

Stuff the tomatoes with pilaff rice (or savoury rice) mixed with chopped tomato flesh, bake them and serve them sprinkled with parsley on toasts or fried bread *croûtes*.

STUFFED TOMATOES À LA PROVENÇALE

This is a little elaborate, but well worth it. Halve six tomatoes, scoop out the core and pulp and cook these halves, cut side down, in olive oil. When they are half cooked, turn them over and cook a little longer. Meanwhile fry in olive oil two tablespoonfuls of chopped onion and when it is getting golden, add four peeled

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and roughly chopped tomatoes, a pinch of chopped parsley and a crushed clove of garlic. Cover and cook for ten minutes. Add two tablespoonfuls of bread-crumbs soaked in stock and two pounded anchovies, or a spot of anchovy essence. Stuff the tomato halves with this mixture, sprinkle them with grated cheese, breadcrumbs and a little oil and finish in the oven. Serve on toasts hot or cold.

STUFFED TOMATOES ANTIBES

Pound up some anchovy fillets with a little garlic, a little tinned tunny fish carefully drained of oil, some *fines herbes* parsley, chives, chervil and tarragon, and very little breadcrumb soaked in milk. Stuff scooped-out tomato halves with this mixture, sprinkle them lightly with salt, pepper, a little chopped thyme, parsley and, if you can get it, fennel, and finally a few drops of olive oil. Bake them in the oven, and serve them on toasts or pieces of fried bread.

STUFFED TOMATOES AUX CRUFS

Cut off a piece of the stalk end of the tomatoes, scoop out the inside and break into each a whole egg. Sprinkle with grated cheese, a few browned breadcrumbs and a little melted butter, and bake in the oven till the egg is set. Serve on toasts.

STUFFED TOMATOES (SICILIAN FASHION)

I am indebted to Countess Morphy's *Good Food in Italy* for this very pleasant recipe.

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'Cut a small slice from the top of the tomatoes and remove the core and pulp. Put a little oil in a saucepan with one small chopped onion, and cook until the onion is soft, but without browning, and add, off the fire, four anchovies in brine, washed, boned and chopped, one tablespoonful of capers, one tablespoonful of chopped parsley, and some fine white breadcrumbs. Mix all thoroughly, season with pepper and a little nutmeg, and fill the tomatoes with this mixture. Put them in a fireproof dish with a little oil, sprinkle each with breadcrumbs, and cook in a moderate oven for thirty minutes.'

STUFFED TOMATOES WITH CHESTNUTS

Roast, peel, and skin some chestnuts, about three for each tomato. Chop up a shallot or a small onion, and cook it in butter without browning it. Add the chestnuts roughly chopped, season with salt, pepper, and a little lemon juice, and heat through. Scoop out the tomatoes and fill them with this mixture. Sprinkle with breadcrumbs, pour over a little melted butter, and bake in the oven for ten minutes or so. Of course, only the core and pips of the tomatoes should be taken out, leaving the flesh on the inside of the skins.

TOMATO AND CHEESE PASTE

A rough-and-ready way of keeping a savoury tomato mixture at hand. Skin three tomatoes and cut them up with a small onion. Cook them slowly in a saucepan with an ounce of butter, and when they are done add a well-beaten egg, and cook until it thickens. Mix in

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at once four ounces of breadcrumbs and two of grated cheese, season to taste, put into small jars, cover with clarified butter, and tie down.

TOMATO AND LEMON JAM

For each two pounds of tomatoes allow two pounds of sugar, two lemons and a pint of water. The tomatoes should be firm and red. Blanch them for a minute in boiling water and skin them. Cut them in pieces and put them in a basin with the sugar. Meanwhile wash the lemons, put them into a saucepan with the water, and let them boil until tender, when you must chop them finely, being careful to take out the pips. Now put all the ingredients into a preserving pan, and simmer until the jam will set, which it should do in about an hour.

TOMATO AND ONION PIE

A simple and delicious dish I once tasted in a game-keeper's cottage in Somerset. Two large onions had been peeled, put into boiling water and left there for two or three hours. They were then drained and dried, sliced and fried until lightly browned in an ounce of butter. A fireproof dish, a shallow one, was then buttered, and filled with alternate layers of sliced and skinned tomatoes and the onions, each being seasoned with salt and pepper, and sprinkled with a few breadcrumbs. The last layer was of breadcrumbs, which was dotted with butter, and the whole thing was cooked in a moderate oven for about an hour. It was sur-

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mounted by some perfectly poached eggs, and it was a fine dish for an autumn luncheon.

TOMATO BUTTER

Peel some tomatoes, remove the pips and juice (so that nothing but the flesh is left). Press this well and pound it. Season with salt and pepper (perhaps a touch of sugar and a pinch of dried basil) and mix with butter in the proportions you desire.

TOMATO CAKES

Blanch, skin and cook eight medium-sized tomatoes by stewing them cut in quarters in their own juice, with a little chopped onion, salt, pepper and sugar. Let them get cool. Now mix four well-beaten eggs, three tablespoonfuls of melted butter, half a teaspoonful of salt, a touch of pepper and half a teacupful of crushed cream crackers or water biscuits. Mix all well together and drop in spoonfuls of a hot greased griddle, browning them on both sides. Serve as soon as cooked.

TOMATO CHUTNEY

The tomatoes should be fairly ripe, and they must be skinned and cut in pieces. To a pound of tomatoes, add a pound of apples peeled and cut up small, a pound of chopped onions, half a pint of vinegar, half a pound of dark brown sugar, a penny packet of mixed pickling spice, a quarter of a pound of sultanas, and if you like a quarter of a pound of mustard seed. The spices are put in a muslin bag, and taken out after the chutney is cooked. It will take about four hours' simmering.

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TOMATO CREAMS

Scoop out half a dozen tomatoes and put the pulp into a saucepan with a piece of butter the size of a small walnut, a very little minced onion, and a seasoning of salt, pepper, a teaspoonful of sugar and a clove. Cook together and pass through a sieve. Add enough gelatine to set it, not too stiffly, and beat into it two tablespoonfuls of slightly whipped cream. Keep it in a very cool place, or, better, on ice, and when you want it heap it up in the scooped-out tomatoes, sprinkle with chopped tarragon, and serve on a bed of lettuce leaves.

TOMATO FLAN

Line a case with flaky paste, and arrange in it a layer of peeled and sliced tomatoes. Season them with pepper, salt and some very finely chopped onion. Beat up two eggs with three-quarters of a pint of milk and pour this over them. Sprinkle with grated cheese and bake in the oven for about forty minutes.

TOMATO PONDUE

Cut three-quarters of a pound of ripe red tomatoes in halves, remove pips and juice but leave on the skin, and chop them up. Put them into a saucepan with a tiny piece of crushed garlic, two parsley stalks broken in half, a tiny sprig of thyme, and a piece of bayleaf as big as your fingernail. Season with a pinch of salt and pepper and a lump and half of sugar. Cover, and cook very gently indeed for half an hour. Pass the *purée* through a fine sieve, put it back into the saucepan,

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and cook on, this time over a flame, stirring all the time until it reduces to the right thickness. A leaf or two of fresh basil or a pinch of the dried sort if you have it improves the flavour vastly.

TOMATO FRITTERS

The tomatoes should be small and not over-ripe. Dip them in boiling water to skin them, and let them get cold. Now make a batter with a quarter of a pound of flour, a tablespoonful of olive oil, and two egg-whites stiffly whisked, with a gill of warm water. (This for a pound of tomatoes.) Dip the tomatoes in this, and fry them in deep fat.

TOMATO ICE

Make a *purée* of good ripe tomatoes by rubbing them through a sieve. Strain the *purée*, flavour it with salt and pepper, and freeze it lightly.

TOMATO JELLY

This is a pleasant novelty with cold meat, or it may be used chopped up to decorate a vegetable salad. Cook some tomatoes, cut in quarters, skins and all, with a clove, a few tarragon leaves (which you can leave out if you like), a very small teaspoonful of chopped onion, salt, pepper and a little sugar. Add no liquid whatsoever. When the tomatoes are tender, press them through a cloth or muslin, and to every pint of the juice add half an ounce of melted gelatine. Keep on stirring until the tomato juice and gelatine begin to cool, then pour it into a china mould and let it set on ice. It has been

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suggested that chopped olives can be added to the tomato juice when it is being set, but in my own opinion it is better quite plain.

TOMATO RAREBIT

Melt two tablespoonfuls of butter and add an equal amount of flour. Mix without browning and gradually moisten with three-quarters of a breakfastcupful of thin cream. As soon as the sauce begins to thicken, add three-quarters of a cupful of strained stewed tomatoes which have been mixed with a pinch of carbonate of soda, two cupfuls of finely sliced cheese, two beaten eggs, salt, mustard and cayenne pepper. As soon as the cheese has melted, serve this particularly American mixture on slices of toasted brown bread.

TOMATO SAUCE (FRENCH)

Make a white *roux* with a walnut of butter and a scant dessertspoonful of flour, and moisten this with three-quarters of a tumbler of stock. Add a pound of tomatoes cut in halves, having removed their pips and watery juice. Add a *bouquet* of parsley, thyme and bayleaf, a pinch of castor sugar, salt and pepper. Put on the lid and cook gently for at least an hour, stirring now and then. Pass through a tammy-cloth or fine sieve. Heat up and finish with a couple of nuts of butter.

TOMATO SAUCE (ITALIAN)

Put two or three tablespoonfuls of olive oil in a saucepan. When it is hot, fry a few sliced cloves of

AN INTERLUDE ON TOMATOES

garlic until they begin to colour, then add a pound of chopped tomatoes, and simmer for an hour or so, until it is a pulp, seasoning it with salt, pepper and a little chopped parsley and marjoram.

TOMATO SAUCE (ITALIAN)

Chop up two pounds of tomatoes, and put them into a pan with a little chopped onion, carrot, celery, sweet basil, parsley and thyme. Simmer very gently for an hour and half to two hours, rub through a sieve, and season with salt.

TOMATO SAUCE (FOR BOTTLING)

Slice up four pounds of tomatoes and two medium-sized onions, add a pound of brown sugar, six ounces of allspice, two ounces of peppercorns, half an ounce of salt, quarter of an ounce of cloves and about half a teaspoonful of cayenne pepper. Cover with a pint of good vinegar, and boil gently for two hours. Pass through a fine sieve, and, when quite cold, bottle and cork tightly.

TOMATO SOUFFLÉ

Mix half a pint of very reduced tomato *purée* with two ounces of grated Parmesan cheese, a couple of tablespoonfuls of very thick béchamel sauce, and the yolks of three eggs. Beat three whites to a stiff froth, add them, pour into the *soufflé*-case and bake.

AN INTERLUDE ON TOMATOES

TOMATO TOAST

Cut as many slices of peeled tomatoes as you have toasts, and lay them on them. A slice of hard-boiled egg should lie on the tomato, and on that a criss-cross of anchovy fillets. Sprinkle with chopped parsley and cayenne pepper. Brown bread and butter may be used instead of toasts if preferred, but in that case it would be better to take out the juice and pips from the tomato slices or the bread may get a little sodden.

TOMATOES À LA MONEGASQUE (HORS-D'ŒUVRE)

Take out the core and pips of some small tomatoes, and marinate them inside with oil and vinegar. When they are ready, drain them and fill them with a mixture of tunny fish in oil, hard-boiled egg, chopped onion, parsley, chervil and tarragon, all bound with a little mayonnaise sauce.

TOMATOES AND ONIONS

Cut the tomatoes in half, scoop them out, and mix the juice with cooked rice (say, a dessertspoonful for each tomato) and finely chopped raw onion. Mix these ingredients well together, moisten them with a little cream and dress them with French dressing. Fill up the tomato halves with this, heaping the mixture up and serve on a green salad.

TOMATOES AU GRATIN

Skin some tomatoes and slice them rather thin. Butter a shallow fireproof dish, put first a layer of

AN INTERLUDE ON TOMATOES

tomatoes, sprinkled with a little salt, some white pepper and a very little sugar. Then put in a layer of breadcrumbs, and continue thus, ending with breadcrumbs. Complete by pouring over a little melted butter, and sprinkle with finely grated Gruyère cheese. Forty minutes in the oven will finish the dish.

TOMATOES, BASQUE FASHION

Cut the tomatoes in half crosswise, and take out the juice and the pips. Cover the bottom of a frying-pan with plenty of olive oil, and as soon as it smokes put in the tomato halves side by side. Cook on a hot fire until they are nicely fried, and serve them sprinkled with parsley.

TOMATOES STUFFED WITH SAUERKRAUT

Prepare your tomatoes for baking, and stuff them with equal parts of breadcrumbs and Sauerkraut, mixed with salt, pepper and onion juice. Sprinkle with buttered crumbs, and bake for twenty minutes in a hot oven.

J U L Y

HOME-GROWN VEGETABLES IN SEASON IN JULY

ARTICHOKEs,	MINT
GLOBE	MUSHROOMS
BEANS, BROAD	MUSTARD AND CRESS
BEANS, DWARF	ONIONS, SPRING
BEANS, RUNNER	PARSLEY
CABBAGE	PEAS
CARROTS	POTATOES, NEW
CAULIFLOWER	RADISHES
CUCUMBER	SPINACH
LEEKs	TOMATOES
LETTUCE	TURNIPS
MARROWS	WATERCRESS

JULY

GREEN PEA SOUP (PURÉE SAINT-GERMAIN)

Boil just over a pint of shelled peas in salted water, and when they are done, drain them well and pound them in a mortar. Add a pint of chicken or veal *consommé*, mix and rub through a hair sieve. Heat up, and finish with a little butter, garnishing with a few tablespoonfuls of freshly cooked peas, and a few tiny leaves of chervil.

BROAD BEANS À LA BRETONNE

Cook the beans as usual. Make a Sauce Bretorine by frying some chopped onions in butter till golden, moistening with white wine and letting it reduce. Add some tomato *purée* and a trifle of garlic and cook a little longer. Strain and thicken with flour and butter. Serve the beans in this sauce, sprinkling them with chopped parsley.

PURÉE OF BROAD BEANS AND PEAS

Take equal amounts of shelled broad beans and peas (they need not be particularly young) and cook them

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with a handful of watercress, one or two lettuce leaves, a spoonful of chopped onion, a sprig of mint and a lump of sugar. When they are done, take out the mint, and rub the rest through a sieve. Finish in the usual way for a *purée*, and add a little cream before serving.

BROAD BEANS WITH BACON

Cut four ounces of gammon rasher into dice, and brown these lightly in a little butter. Sprinkle in a little flour, cook this until brown, and then add half a pint of stock. Bring to the boil, add the beans, which have been boiled already for ten minutes and well drained, and simmer them for half an hour, with a few sprigs of summer savoury or a small sprig of thyme, stirring them carefully or shaking the pan now and then until they are tender.

FRENCH BEANS AS HORS-D'ŒUVRE

Cold French beans make a very good *bors-d'aure*. They should be well drained and dressed with a plain French dressing. Some like a dressing with a little cream, and others the addition of a very little finely cut onion.

FRENCH BEANS WITH TOMATOES

Nip off the ends of some young French beans, and string them. Wash them in cold water, drain them, and while they are still wet put them into a fireproof dish with a little olive oil, salt, pepper and chopped onion and parsley. Put on the lid and cook slowly on the fire,

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adding fresh tomato juice or tomato *purée* as the beans show signs of drying. When they are tender, serve them in the same dish at once.

SAUERKRAUT (CHOUCROUTE)

I have often been asked how this popular German cabbage dish is made, and here is a brief description, taken from an excellent little book now, I believe, out of print, the Vegetables volume of *The Queen Cookery Books*.

"This is a German form of pickled cabbage much liked abroad, and gaining in popularity even here (1902). It is generally bought ready prepared, but the process is not a difficult one. For this choose large, firm and white cabbages, trim off the outside and all damaged leaves, and wash it well in plenty of well-salted water. Now shred it down very finely, removing all the tough stalks; wash the discarded green outer leaves (not the damaged ones) carefully in cold salted water then with them line neatly a firkin or clean wooden tub, and place on this a layer of the shredded cabbage, then a layer of salt; continue these layers until the tub is nearly full, pressing down the shredded cabbage with your fist or a potato masher, so as to pack it as closely as possible. Now cover the cabbage with a clean board, set a heavy weight on this and leave it in a cool dry place for six weeks. A pint of salt to the peck of cabbage is the usual proportion, and to this many German housewives add peppercorns and a little powdered coriander seed. To cook it, wash the required amount thoroughly in two or three waters till

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it is only pleasantly salt, then put it on in plenty of boiling water, and let it cook steadily until tender, when it must be drained, and served on a hot vegetable dish. Abroad it is usually cooked with a piece of pickled pork, bacon or sausages, and served with the meat upon it. It is especially good with sausages. Any left over can be fried in butter or dripping, or minced and heated with a little butter, cream or good meat gravy.'

CARROT SANDWICHES

Finely grated young carrots, seasoned with salt and cayenne pepper, make an excellent spread for bread-and-butter sandwiches.

CAULIFLOWER À LA MILANAISE

Cook and drain the cauliflower. (You will find, here, that the French method of cooking a cauliflower is much to be preferred. They first divide the vegetable into its flowerets and cook these in boiling salted water. The advantage of this is principally that they all cook at the same time, whereas if the cauliflower is cooked whole, the flowerets are often overdone by the time the stalky parts are cooked. If you want the cauliflower to assume something of its old appearance, you can build up the flowerets in a pudding basin after they are cooked, and carefully turn them out in a nice mound when dishing up.) When the flowerets have been cooked and very well drained, put them into a buttered fireproof dish which has been sprinkled with a little grated cheese, Parmesan in this case being the best. Sprinkle some

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more cheese over the cauliflower, add a little melted butter, and brown it quickly in the oven. On serving, pour over some *noisette* butter; that is, butter which has been lightly browned until it begins to smell—and look—nutty.

STEWED CUCUMBERS

Peel and cut some cucumbers in rather thick slices, put these on a dish and sprinkle them with salt, adding a few rings of onion. Leave them for an hour, then take away the onion and put the cucumber slices in a pan on a bed of fat bacon rashers, where they must be cooked for about half an hour, with the addition of a sauce made with a brown *roux* moistened with good stock and a little tomato sauce. When they are done, serve them with the sauce strained over them.

ITALIAN LEEKS

Trim and divide the leeks into pieces about two inches long, and soak them in cold water for an hour. Then cook them in boiling salted water till they are tender, take them out and leave them again in cold water for another hour at least. Drain them and dry them at the end of this time and cook them again gently in two ounces of butter for ten minutes. Have some hot béchamel sauce ready, and add to it a dessert-spoonful of grated Parmesan cheese, salt, pepper, and the yolk of an egg. Mix this well together, arrange the leeks in a fireproof dish, pour the sauce over them and bake in a moderate oven till brown.

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LETTUCE À L'ÉTOUFFÉE

Wash and drain a pound of lettuce leaves, and cut them across in strips of about a finger's width. (I have found myself that in this dish Cos lettuces are better.) Divide an ounce of butter into little pieces. Put a third of the lettuce into a stewpan which has been previously buttered, put on it a third of the butter, then lettuce and butter until the other two-thirds have been put in two more layers. In the middle on top put a *bouquet* of parsley, thyme, and bayleaf, a small lump of sugar, and four small onions. Sprinkle lightly with salt, but do not add any liquid whatsoever. Now cover the pan closely, and let the contents simmer for three-quarters of an hour to an hour. When the lettuce is done, there will be a couple of tablespoonfuls or so of liquid left in the bottom of the pan, and this you can bind quickly with flour and butter and pour over the lettuce, which you will serve with the onions, if you like, but with the *bouquet* removed.

MARROW À LA LYONNAISE

Fry some onion rings in butter, and when they are getting done add some well-drained cold strips of par-boiled marrow. Toss them both together until golden brown, and serve sprinkled with chopped parsley.

MUSHROOMS AU GRATIN

Peel and slice the mushrooms, and stew them in butter with a very little chopped onion. Drain away the liquid, and moisten the mushrooms with cream. Season with salt and pepper, and continue cooking

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until the cream reduces and thickens. When it is ready, sprinkle with finely grated cheese (a half-and-half mixture of Gruyère and Parmesan being the best) and brown the top quickly before serving.

MUSHROOMS AS HORS-D'ŒUVRE

Get button mushrooms for this admirable dish.

Peel two pounds of button onions, and put them in a stew-pan with a gill of olive oil, half a gill of wine vinegar, an ounce of castor sugar, half a pint of fresh tomato *purée*, the same of white stock, two cloves of garlic, a teaspoonful of peppercorns and a *bouquet* of parsley, thyme, two bayleaves and two cloves tied up in a muslin bag. Season to taste with salt, and boil all together for twenty minutes. Then add a pound of peeled and quartered button mushrooms, cook another ten minutes, and leave to get cold. Before serving remove the garlic and the muslin bag.

PEAS AND BEANS

This by way of a novelty is a dish of mixed French beans and green peas, cooked separately but afterwards well mixed together with a good piece of butter and seasoned with a little chopped parsley and chervil.

PEASE PUDDING (WITH GREEN PEAS)

An old cookery book gives this: One pint of peas, and one potato; boil until they are quite soft; then rub through a sieve; tie them tight in a cloth, and boil ten minutes. Some salt should be added before the pudding is tied up.

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POTATOES WITH LEMON

Scrape and parboil some small new potatoes, and pour all the water away except just enough to cover them. Into this squeeze the juice of a lemon, and finish cooking them in this. When they are done, drain them well, pour over some melted butter and sprinkle them with freshly chopped parsley as they leave the kitchen.

NEW POTATOES À LA CRÈME

Boil some new potatoes, and cut them in slices. Put them into a stewpan with half a gill of cream, two ounces of butter, the juice of half a lemon and a seasoning of salt, pepper and grated nutmeg. Toss them well together over the fire and serve them with *croûtons* of fried bread.

BOILED RADISHES

Trim the radishes neatly, plunge them in fast-boiling salted water, and boil until tender, which will take about half an hour. Then drain them and serve with melted butter.

EGGS WITH SPINACH

Cut some squares of bread, and either toast them or fry them, the latter being better. Coat them thickly with a somewhat thick spinach *purée*, and serve them with a poached egg on top of each. A variation may be made by sprinkling the egg with grated cheese, and passing it rapidly under the grill or a salamander.

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SHALLOT VINEGAR

Cut three shallots into quarters, and put them into a jar with a few coarsely crushed black peppercorns, a bayleaf, some thyme and, if you like, a clove of garlic. Pour boiling water over them, and leave for an hour. Then strain and bottle.

WATERCRESS SOUFFLÉ

Make half a pint of watercress *purée*, in the same way as you would make spinach *purée*, and season it with salt, pepper, and, if you like, a very little nutmeg. Put it into a small saucepan, add the yolks of two eggs, and stir over the fire until the mixture thickens. Then let it get cold, and add lightly the whisked whites of three eggs. Put into small *soufflé*-cases, and bake them for about ten minutes.

JARDINIÈRE

Put into a casserole a good piece of butter and some pieces of salted breast of pork. Fry till golden, then add a tomato cut in pieces and what young vegetables there are, for instance, button onions, young carrots, green peas and new potatoes. Add a *bouquet* of parsley, thyme and bayleaf, salt and pepper. Cover and cook on a low fire, shaking the casserole from time to time and giving it an occasional stir with a wooden spoon. Be careful not to break the vegetables.

AUGUST

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HOME-GROWN VEGETABLES IN SEASON IN AUGUST

ARTICHOKES,	MINT
GLOBE	MUSHROOMS
BEANS, BROAD	MUSTARD AND CRESS
BEANS, DWARF	ONIONS, SPRING
BEANS, RUNNER	PARSLEY
CABBAGE	PARSNIPS
CARROTS	PEAS
CAULIFLOWER	POTATOES
CELERY	RADISHES
CUCUMBER	SPINACH
LEEKES	TOMATOES
LETTUCE	TURNIPS
MARROWS	WATERCRESS

AUGUST

CUCUMBER SOUP

Peel and cut a cucumber into thin slices, and fry these for two or three minutes in butter, putting them into the butter when it is foaming. Put them aside, and do the same to a couple of small onions also cut into thin slices. Now put both onions and cucumber into a clean saucepan, and pour in enough boiling water to make your soup, allowing for some reduction. Season with salt, pepper, the faintest touch of grated nutmeg and a tiny pinch of cayenne pepper. Simmer for half an hour or so, and at the last moment bind the soup with egg-yolk beaten with a tablespoonful of cream. Serve with *crostons* of fried bread.

BROAD BEANS AND BACON

Boil the beans as usual, cut about two pounds of streaked bacon into dice, fry it until it is done, taking care it does not burn or lose colour, dish up the beans, add the bacon to them, and serve with parsley and butter in a sauceboat.

Thus a cookery book of the days when beans and bacon was the Englishman's dish.

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BROAD BEANS TOURANGELLE

Shell and peel the beans, and cook a pound of them in salted water with a *bouquet* of parsley and tarragon. When they are done, drain them and keep them warm. Now melt in a saucepan a couple of ounces of butter, and just lightly brown in this a dozen or so spring onions. Add two ounces of lean ham (or bacon) cut in small dice, cook for a minute or two together, and then, off the fire, stir in the beaten yolk of an egg mixed with three or four tablespoonfuls of the water in which the beans were cooked. Add some pepper, a trifle of salt and a couple of sprigs of chervil, and cook the beans in this sauce for about five minutes, shaking the pan now and then. Take out the chervil on serving, and sprinkle a little chopped parsley over.

BROAD BEANS AU LARD

After the beans have been cooked (and I am definitely of the opinion that broad beans should be peeled after they have been shelled and before they are cooked), blanch a rasher or two of streaky pickled pork and cut it into very thin strips or small pieces. Fry these lightly in a little butter, sprinkle with a little flour, and moisten with some of the water in which the beans were boiled. Season with salt and pepper and some chopped parsley, or, if possible, chopped summer savoury. Put in the beans, cook them in this sauce for a little while, and serve them.

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FRENCH BEANS À L'ALLEMANDE

Blanch the beans in salted boiling water for a minute or two. Fry lightly a chopped onion in a little butter. Add flour and enough white stock to make a sauce, season it, and finish cooking the beans in it.

RUNNER BEAN SALAD

Mix the cold beans with chopped raw onion, cubes or slices of beetroot and some pieces of anchovy fillets. A plain French dressing should be used for it.

CARROT PUDDING

Not the usual sweet dish, but one to serve with meat, and sometimes with fish, as is done in Sweden. Parboil a pound and a half of carrots, and grate them. Beat up two eggs, add to them a scant half-pint of milk, two tablespoonfuls of melted butter, six tablespoonfuls of white breadcrumbs and a teaspoonful of salt, and mix this with the carrots. Butter a pie-dish, line it with browned breadcrumbs, put in the carrot mixture, and bake in a moderate oven until done.

CAULIFLOWER FRIED IN BATTER

Marinate boiled pieces of cauliflower for a quarter of an hour in a mixture of equal parts of water and vinegar, then dip each piece in batter and fry in the usual way.

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CELERY BONNE FEMME (HORS-D'ŒUVRE)

Mix together some chopped apple and chopped young celery and dress them with the following. Put three tablespoonfuls of French mustard into a basin with a little salt, some pepper and a few drops of lemon juice. Mix well together, and stir in by degrees the requisite quantity of fresh cream.

CUCUMBER AU PAPRIKA

Cut a large peeled cucumber into small squares, a layer of which you must put in the bottom of a buttered fireproof dish. Season these pieces with grated onion and lemon juice. Cover with breadcrumbs and dabs of butter, seasoning with plenty of paprika and some celery salt. Repeat these layers till the dish is full, ending up with crumbs and butter. Cover and bake for an hour till brown. A *Sauce Piquante* could accompany this.

LEEEKS À LA GRECQUE

This is really a dish of *hors-d'aure*, but it could be served as a sort of salad if preferred. The leeks should be smallish and all of the same size, and they should first be cooked gently in salted water until they are tender, but not at all broken. Then drain them and lay in a shallow fireproof dish with a seasoning of salt, pepper, and saffron. Add a chopped shallot and the flesh of a tomato cut up small, a *bouquet* of parsley, thyme, and bayleaf, and enough olive oil to come level with the top of the leeks. Bring to the boil and cook for three or four minutes only. Remove the *bouquet*

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at once, and let this agreeable dish get cold. It is essential that olive oil should be used and no other.

BAKED LETTUCES

Prepare some lettuces by taking off the outside leaves, throw them into salted boiling water, and blanch them for a few minutes. Pour away most of the water, and finish cooking them, covered, on a slow fire. Then drain them, put them into a buttered shallow fireproof dish, cover with béchamel sauce, sprinkle with bread-crumbs and brown in the oven.

MARROW WITH EGGS

Cut a young green marrow in thin slices, removing the seeds, and let these slices lie for a little while sprinkled with salt and pepper and a little onion juice. Then fry them in boiling olive oil, in a shallow fire-proof dish. When done, pour over them three beaten eggs seasoned with salt and some *fines herbes* (that is, chopped parsley, chives, chervil and tarragon in equal parts), and when the eggs have set, serve this unusual dish at once.

A MINT SAUCE

If you like red currant jelly as well as mint sauce with your mutton, next time try mixing some finely chopped fresh mint with the jelly, and serving just as it is. The proportions are about a tablespoonful of the mint to a teacupful of the jelly.

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MOUSSE OF PEAS

A delicious and rather unusual accompaniment to cold roast duck for a summer luncheon or supper. Cook a pint of shelled young peas with a little onion, and when they are done take out the onion and rub them through a sieve. Add half a cup of Béchamel sauce, and a small cup of melted aspic jelly. (Or add gelatine to the sauce in the usual quantity, though this will not be so good.) Add a few spoonfuls of whipped cream, season with salt and pepper and a touch of sugar. Leave to set in a cool place in a plain mould or pudding-basin. Turn out to serve very cold, but not frozen.

PEAS WITH HAM

Make a little lard hot in a saucepan, and cook in it for about twenty minutes without browning a tablespoonful of chopped onion. Add your very young shelled peas, season them with salt and pepper, and add four or five tablespoonfuls of stock or water. Bring to the boil and cook for about a quarter of an hour, when the peas should be done. A few minutes before serving, add a tablespoonful of lean cooked ham cut in thin strips, and mix well with the peas.

FRIED POTATOES

Here is an uncommon way of frying potatoes in their jackets, from the Continent. Small new potatoes should be used, and they should be very carefully washed and wiped, but not peeled. Have some deep fat ready smoking, put the potatoes in a frying basket, cook them till done, and serve them sprinkled with fine salt.

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MAÎTRE D'HÔTEL POTATOES

Boil some new potatoes and cut them in slices while they are still hot. Put them into a saucepan with a little white sauce, a squeeze of lemon juice, pepper, salt and a little butter. Stir all together carefully, and serve hot.

CROÛTES BARON

A most excellent savoury consisting of pieces of fried bread (or some prefer toast), on which is placed first a small piece of grilled bacon, then a grilled mushroom, and finally a piece of poached beef marrow.

CANAPÉ FÉDORA

A savoury of toast surmounted by fried or grilled bacon, and on that a grilled mushroom topped by a stuffed olive.

CREAMED RADISHES

Wash and scrape a pint of large radishes, and cut them into rounds. Stew them gently in three tablespoonfuls of olive oil until they are tender, and just before serving, season with pepper and salt, sprinkle with chopped fresh parsley, and mix in a gill of cream.

SPINACH PATTIES

Put four ounces of flour into a bowl and mix into it two and a half ounces of melted butter, a saltspoonful of salt, one whole well-beaten egg, a pinch of sugar, and one ounce of grated cheese. Make a pliant paste with a spoonful of milk or so. Roll out and line some

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patty tins with it. Bake these "blind", and fill them with a spinach *purée*. A little buttered egg may be put on the top of each at the last moment.

TURNIP CHIPS

Peel one or two turnips, and cut them into strips, like chip potatoes. Cook these carefully in boiling salted water until tender, then drain well and put them back into the pan with two ounces of butter, two tablespoonfuls of milk and a little pepper. Toss together until the turnips are quite hot, then dish them up with the sauce over them.

SEPTEMBER

HOME-GROWN VEGETABLES IN SEASON IN SEPTEMBER

ARTICHOKEs,	MARROWS
GLOBE	MINT
ARTICHOKEs,	MUSHROOMS
JERUSALEM	MUSTARD AND CRESS
BEANS, DWARF	ONIONS
BEANS, RUNNER	ONIONS, SPRING
BEETROOT	PARSLEY
BRUSSELS SPROUTS	PARSNIPS
CABBAGE	PEAS
CARROTS	POTATOES
CAULIFLOWER	RADISHES
CUCUMBER	SAVOYS
CELERY	SPINACH
ENDIVE AND	SWEDES
BATAVIA	TOMATOES
LEEKs	TURNIPS
LETTUCE	WATERCRESS

SEPTEMBER

TOMATO SOUP (SOUPE AUX NOCES)

Cut a couple of large onions in slices, and cook them in a little pork fat for a few minutes. Add half a dozen quartered tomatoes, and cook a little longer. Pour on to them a pint and a half of boiling water, with salt and plenty of pepper. Bring to the boil and simmer until the tomatoes are well cooked. Sieve and serve, if you care for it, with vermicelli which has been cooked in the soup for the last five minutes.

JERUSALEM ARTICHOKE FRITTERS (1)

Boil the artichokes until tender, then mash them with a wooden spoon. Beat an egg, stir in a tablespoonful of flour, and add this mixture to the artichokes. Fry spoonfuls of this in deep fat, and serve very hot.

JERUSALEM ARTICHOKE FRITTERS (2)

Cook a pound of Jerusalem artichokes in milk, not too well done, and cut them in slices. Sprinkle them with oil, vinegar, salt and pepper, and leave them for half an hour. Then drain them and dry them, sprinkle

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with a little freshly grated cheese, dip them in fritter batter, and fry golden in hot fat.

STEWED FRENCH BEANS

If you don't mind your beans losing their green colour, but tasting all the better for it, try this way of cooking them. Butter a stewpan, put in the beans, whole if they are small, or cut in half-inch lozenges across, sprinkle them with salt, cover them just with stock, and stew them slowly with the lid on. When they are done, drain them, thicken the sauce with half an ounce of butter, and the yolk of an egg, and pour this over the beans.

RUNNER BEANS ALLA PANNA

In Italy they cook runner beans thus. Snap them in half and string them. Boil them for three-quarters of an hour in salted water, drain them, season with pepper and salt, and add a cupful or so of cream. Heat through and serve.

CABBAGE HOTPOT

Boil a cabbage, and slice it up when well drained. Meanwhile parboil a pound of sliced potatoes and fry a couple of onions in butter until soft but not browned. Then butter a casserole, or hotpot, and put into it layers of cabbage, onions and potatoes, seasoning as you go, and finishing with potato. Put on the lid and cook in the oven until the potatoes are done, removing the lid for the last few minutes to brown the top.

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CARROTS (GERMAN FASHION)

Parboil a pound of carrots with a little salt, leaving them whole if they are small ones, otherwise cutting them in halves. Drain the water away, and finish cooking the carrots very slowly with two ounces of butter, a very little granulated sugar and enough milk to cover them. When they are tender, serve them in their own sauce, sprinkled with a little finely chopped fresh parsley.

STUFFED CAULIFLOWER

Parboil the cauliflower, rinse it in cold water, and drain it. Make a good forcemeat, with or without meat, and bind it well with two or three beaten eggs. When it is well mixed and seasoned, fill up the interstices between the flowerets, pushing the forcemeat well down between them. Now cover the bottom of a saucepan, just large enough to hold the cauliflower, with rashers of bacon, put in the cauliflower head downwards and braise it in some good stock. When it is done, it should have absorbed all the stock, and may then be turned out, right way up, on the serving dish. You can serve a sauce or gravy with it, but should not use the bacon rashers as a garnish.

STEWED CUCUMBER

Melt an ounce of butter in a saucepan, and mix with the same amount of flour. Stir until it begins to brown, and then add half a pint of stock. Now put in a few tablespoonfuls of sour cream, the juice of half a lemon,

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a clove of garlic (if you like), and salt and pepper. Slice some peeled cucumbers, put them into this sauce and simmer them with the lid on until tender.

CELERY WITH TOMATO SAUCE

Trim the heads of celery, wash them, throw them into boiling salted water, and cook them fast for twenty minutes. Drain them, dry them, put them on a dish, and serve them covered with hot tomato sauce.

PURÉE OF ENDIVE

This is the endive which the French call *chicorée frisée*, the curly lettuce of which Batavia is a variety. Allow one endive for each person, wash it very well, after taking off the outside leaves, and cook it for about half an hour in boiling water. Turn into a colander, put this under the cold tap, and drain the endive again. Chop it up very finely. Make a *roux* with butter and flour, add the endive with salt and pepper, and cook it on a slow fire, stirring all the time, for about fifteen minutes. Then add, one by one, a few small bits of butter, and finally a little fresh cream. This dish is usually served as a separate course, either garnished with *croûtons* of fried bread or surmounted by poached eggs.

LEeks WITH BACON

Blanch the leeks in boiling water for a few minutes, then stew them slowly in milk. When they are done, drain them, and with the milk in which they were cooked, flour and butter, make a nice sauce, adding

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some cream or the yolk of an egg to thicken it if you like. On serving, drain the leeks again, and pour this sauce over them, garnishing the dish with very small and crisply grilled rolls of bacon.

MOCK WHITEBAIT

An amusing way of cooking an elderly marrow. Parboil it, then cut up into little strips about the size of whitebait. Roll them in a floured cloth, and fry them quickly in boiling fat. When they are golden, drain them and serve them dusted with cayenne pepper, garnished with quarters of lemons and brown bread and butter handed with them.

MINT JELLY

Prepare some apple juice as if you were making apple jelly. Measure it into a saucepan, and add to it a few sprigs of fresh green mint tied together. Boil until well flavoured, then take out the mint. Add sugar in the proportion of three-quarters of a pound to each pint of juice, and boil until the jelly will set. Add a little green vegetable colouring, and pour into small pots.

MINT VINEGAR

Pick the leaves carefully from some stalks of fresh mint, crush or chop them slightly, and put them into a wide-necked bottle or jar. Pour in as much cold vinegar as the bottle will hold, cork tightly, and leave to infuse for a month or so, shaking the bottle now and then. Then strain through muslin, put into small bottles, cork securely and keep in a cool place.

SEPTEMBER

MUSHROOM SOUFFLÉ

Chop as finely as possible half a dozen large peeled mushrooms. Melt an ounce of butter, stir into it an ounce of flour, and moisten it with a quarter of a pint of milk. Boil and stir for a few minutes, then beat in three yolks of egg, one after the other, then the minced mushrooms and seasoning to your taste. Then add four well-whisked whites of egg, and bake in a *soufflé*-case in the usual way. The oven should not be too hot; the case should be put on the floor of it, and the cooking will take about half an hour.

ONIONS AU GRATIN

Boil the onions in milk until they are tender, then chop them up, and pass them through a wire sieve. Mix up this pulp with pepper and salt, and either a cupful of cream or of milk enriched with yolk of egg. Butter a shallow fireproof dish, spread the onion *purée* in it, sprinkle well with grated cheese and a little melted butter, and brown in the oven.

ONION PURÉE (ITALIAN FASHION)

Cook half a pint of soaked haricot beans, and rub them through a sieve. Cut four large onions into dice, stew them in butter until soft but not browned, and rub these through a sieve as well. Mix these two *purées* in a saucepan with salt, pepper and a little grated nutmeg, and moisten them gradually with white stock until the right thickness is reached. Cook until smooth and creamy, and serve with *croûtons* of fried bread.

SEPTEMBER

GREEN PEAS À LA GRECQUE

This may seem sacrilege to some, but it is a dish worth trying, when peas are plentiful. Heat some olive oil in a pan and fry in it a finely chopped onion. Stir in three tablespoonfuls of fresh tomato *purée*, cook for two minutes, and then add three tablespoonfuls of good gravy, two pounds of peas, shelled, and season with salt and pepper. Cover and let the peas simmer until they are tender and the sauce has been absorbed, shaking the pan now and then, and adding a little more gravy if necessary. Just before serving squeeze over a few drops of lemon juice. The peas must be young ones, or they will not cook in time.

PETITS POIS BONNE FEMME

Cut a quarter of a pound of breast of pickled pork in small dice, and blanch them. Fry them in butter with half a pound of button onions. Take out the onions and the pork and keep them warm, and to the butter add half an ounce of flour, and make a white sauce with half a pint of white stock. Add a quart of shelled peas, a *bouquet* of parsley, the onions and the pork, and let the peas cook in this. The sauce should be reduced by half when the peas are done. Serve as it is.

DEVILLED POTATOES

Scrape and boil a dozen or so waxy new potatoes, and while they are cooking put a couple of tablespoonfuls of butter into a frying-pan, add a teaspoonful of made mustard, a tablespoonful of vinegar, a little salt

SEPTEMBER

and a pinch of cayenne pepper. Cook this mixture for three or four minutes, and when the potatoes are done, drain them and add them to the devil sauce with the well-beaten yolks of two eggs. Serve as quickly as possible.

FRIED RADISHES

Use up large radishes for this, which can be used as an accompaniment to lamb. Peel them, slice them, boil them for twenty minutes in salted water, and, when they are cooked, drain them thoroughly and fry them in a little butter.

SPINACH PANCAKES

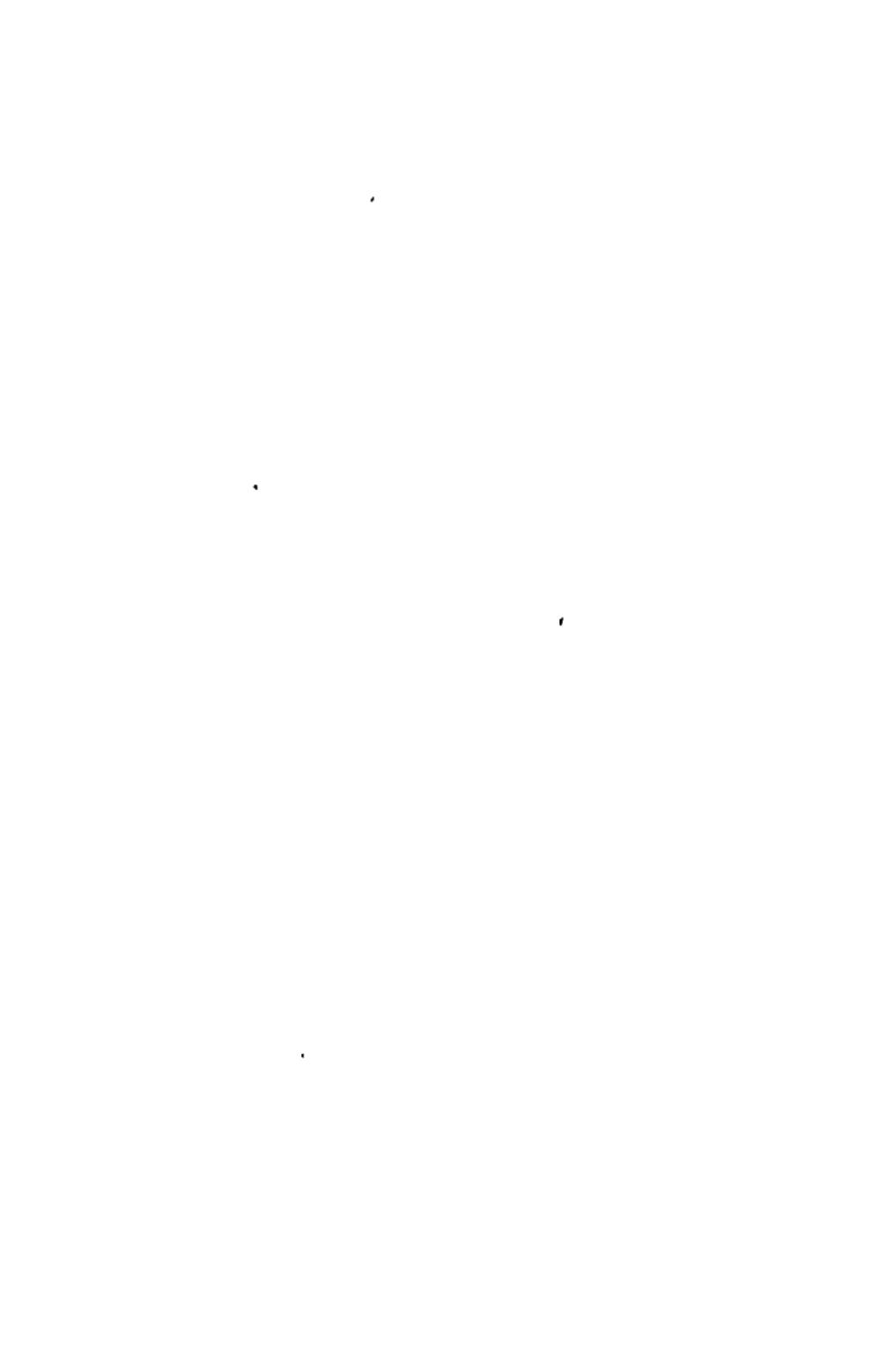
These make an excellent accompaniment to dishes of veal, beef, and ham. Shred and parboil some spinach, and finish cooking it, until it is dry, in a little butter. Season with pepper and salt, and a touch of nutmeg, and mix it with an equal amount of the kind of batter used for making Yorkshire pudding. Bake in little moulds, and serve as suggested. The appearance of the pancakes is improved if the spinach is sieved, but if it is finely chopped it will do.

COLCANNON

A version given by Miss Marian McNeill in *The Scots Kitchen*. Take two cabbages, two or three good red carrots, eight or ten potatoes, and two turnips, all well boiled. Chop the cabbages finely, mash the other vegetables. Melt a good piece of butter in a

SEPTEMBER

stew-pan, put in all the vegetables, and mix thoroughly. Season with salt, pepper and mignonette, and add a spoonful of good brown sauce. Serve piping hot.



OCTOBER

HOME-GROWN VEGETABLES IN SEASON IN OCTOBER

ARTICHOKEs,	MINT
JERUSALEM	MUSHROOMS
BEANS, DWARF	MUSTARD AND CRESS
BEANS, RUNNER	ONIONS
BEETROOT	PARSLEY
BRUSSELS SPROUTS	PARSNIPS
CABBAGE	PEAS
CABBAGE, RED	POTATOES
CARROTS	RADISHES
CAULIFLOWER	SALSIFY
CELERY	SAVOYS
CUCUMBER	SPINACH
ENDIVE AND	SWEDES
BATAVIA	TOMATOES
LEEKs	TURNIPS
LETTUCE	WATERCRESS
MARROWS	

OCTOBER

BUTTON ONION SOUP

Take a handful of nice white button onions, all the same size, skin them and fry them lightly in a very little butter without browning them. Add a coffee-spoonful of castor sugar, and fry on until the onions are golden. Then add a pint and a half of vegetable stock, or better still stock made with chicken's giblets, with some salt and a little pepper, and boil for a quarter of an hour. Serve as it is, with *croûtons* of fried bread.

JERUSALEM ARTICHOKE À LA PROVENÇALE

Cook some pared and sliced artichokes in stock until they are tender. Drain them and continue to cook them in butter in a frying-pan, with sliced tomatoes, a little chopped garlic, a finely minced onion, a sprig of thyme and, if possible, a sprig of fennel, and a seasoning of salt and pepper. Sprinkle with salt and pepper on serving very hot.

BEETROOT AU GRATIN

Boil or bake some beetroot, and when they are cold, peel them and cut them up into cubes. Slightly butter

OCTOBER

a shallow fireproof dish, and sprinkle it with grated cheese. Add the beetroot cubes, and add enough cream nearly to fill the dish. Cover with more grated cheese and finish with some dabs of butter. Bake in the oven, for about ten minutes, until the top is lightly browned.

BRUSSELS SPROUTS FRITTERS

Boil some nice close sprouts for five minutes, then drain them in a colander. Plunge this into cold water and let them drain again very well. Heat them up in a little butter, and then soak them in a frying-batter. Plunge them in a frying-basket into deep hot oil, and give them ten minutes, when they should be a nice golden brown. A tomato sauce would go well with them, if they are being served as a separate course.

RUMBLEDETHUMPS

The following is taken from Christopher North's *Noctes Ambrosianae*.

NORTH: May I ask, with all due solemnity, what *are* rumbledethumps?

SHEPHERD: Something like Mr. Hazlitt's character of Shakespeare. Take a peck of purtatoes, and put them into a boyne (large pot)—at them with a beetle—a dab of butter—the beetle again—another dab—then cabbage—purtato—beetle and dab—saut (salt) meanwhile—and a shake o' common black pepper—feenally, cabbage and purtato throughither—pree (taste), and you'll fin' them decent rumbledethumps.

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RED CABBAGE À LA POLONAISE

Slice the cabbage finely, removing any hard stalky pieces, and let it soak in cold water for half an hour. Put it into a stew-pan in handfuls straight out of the water, add a sour apple, peeled, cored, and sliced, an ounce of butter, a tablespoonful of chopped onion, a saltspoonful of salt, a little cayenne pepper, and a dash of grated nutmeg. Cook with the lid on (do not add any liquid at all) for an hour, then stir in a dessert-spoonful of brown sugar and a tablespoonful of vinegar. Add also a pinch of powdered cloves and of cinnamon. Cook together for another five minutes, and serve very hot. This goes very well indeed with pork, especially a stewed knuckle.

CAULIFLOWER (ITALIAN FASHION)

Fry a small onion and two boned anchovies chopped very fine in some butter. Add to this half a pint of stock, a teaspoonful of mixed herbs, and a dash of vinegar, thickening with a little flour if you wish. Pour this sauce over the boiled or steamed cauliflower.

FRIED CELERY

Cut the celery into pieces, crosswise, about three inches in length. Cook them till tender in boiling water with a little lemon juice. Drain and dry well. Egg-and-breadcrumb or dip them in batter, and then fry.

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STUFFED BAKED CUCUMBER

Split the peeled cucumbers lengthwise, and remove the seeds. Stuff them with a mixture of fine bread-crums, grated onions, salt and cayenne or paprika pepper bound with melted butter. Bake them with a little good stock, with which they should occasionally be basted.

CANAPÉ NINA

On a piece of toast or fried bread place (1) half a grilled tomato, (2) a grilled mushroom, and (3) half a pickled walnut.

CANAPÉS TÊTE DE BICHE

Pieces of toast or fried bread on which are placed a piece of grilled bacon, then a grilled mushroom, and finally a small poached herring's roe.

MUSHROOMS EN BROCHETTE

Get some large mushrooms, peel them, and cut them across in pieces of the same thickness. Cut some pieces of stale, crustless bread into pieces of the same size, and impale them all on small skewers: first bread, then two pieces of mushrooms, then bread, two mushrooms, and so on. There will be enough on one skewer for one diner. Now season them and grill them very carefully, basting with melted butter, and when they are done, bring the skewers to the table, pouring over each a little melted butter in which you have mixed a few drops of lemon juice.

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EGGS SUR LE PLAT LYONNAISE

Cover the bottom of a shallow fireproof dish with your best onion *purée* (for an example of which see below), break your eggs on to it, and bake them in the oven until nicely set.

ONION PURÉE (SAUCE OR GARNISH)

Mince up finely two pounds of onions, which have been blanched for three minutes and then dried. Cover the bottom of a stew-pan with thin rashers of fat bacon, and put in the onions and a quarter of a pound of Carolina rice, a pint of white stock, salt, and a pinch of castor sugar. Cook gently in the oven with the lid on for three-quarters of an hour. Then pound the onions and rice in a mortar, pass them through a fine sieve, and finish with cream and butter.

BAKED ONIONS

Take some large onions, and boil them rapidly for an hour, with their skins on, in slightly salted water. Then wipe them well, wrap each in a piece of buttered paper, and bake them in a moderate oven for about two hours. Serve them if you like in their skins, when they should be eaten with cold butter, pepper and salt, like baked potatoes.

ONION TART

Make some pastry, and line a plate or shallow dish with it. Mince up half a dozen large onions, and cook them slowly with butter and a little bacon cut in small

OCTOBER

dice. Let this get cool, then add two whole eggs, a cupful of cream, or milk, and season with salt and pepper. Mix well, and pour into the pastry. Bake for about half an hour, when the onion filling should be nicely browned. Eat hot, of course.

PARSNIP BALLS

Wash the parsnips, and boil them in their skins. When they are done, scrape them and mash them up. Now beat up an egg, and mix this with the parsnip, then mix in enough breadcrumbs to make the mixture easy to handle. Shape into balls, egg-and-breadcrumb them, and fry them in hot fat. Serve them in a rich brown gravy in which they have been keeping hot.

DUNKIRK POTATOES

Peel some fairly large and floury potatoes, and half-cook them in salted water. Drain them, let them get cold, and then fry them golden in deep fat.

SALSIFY À LA NORMANDE

Boil the salsify in the usual way, but instead of serving it with a white sauce use the following Sauce Normande. Melt a large nut of butter over a gentle flame, and in it lightly brown an onion chopped very finely. Add another piece of butter and a tablespoonful of flour, and let them cook a little together. Moisten with cider, stirring well and adding some more tiny pieces of butter. Season with salt, pepper, and a little grated nutmeg or cinnamon, and, just before serving,

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whip in some fresh cream with a squeeze of lemon juice at the very last.

This sauce is an excellent one for other vegetables, too, such as cauliflower, asparagus, carrots or leeks.

MIXED VEGETABLE OMELETTE

Have ready a cupful of cold vegetables cut in small cubes, e.g. carrots, peas, turnips, potatoes, and warm them in a little butter, with a sprinkling of chopped parsley and chives. Make your omelette in the usual way, folding in some of the mixed vegetables, and arranging the rest round it on the serving-dish.

NOVEMBER

HOME-GROWN VEGETABLES IN SEASON IN NOVEMBER

ARTICHOKEs,	MINT
JERUSALEM	MUSHROOMS
ASPARAGUS	MUSTARD AND CRESS
BEANS, DWARF	ONIONS
BEETROOT	PARSLEY
BRUSSELS SPROUTS	PARSNIPS
CABBAGE	POTATOES
CABBAGE, RED	RADISHES
CARROTS	SALSIFY
CAULIFLOWER	SAVOYS
CELERY	SCOTCH KALE
CUCUMBER	SHALLOTS
CURLY KALE	SPINACH
ENDIVE AND	SWEDES
BATAVIA	TOMATOES
LEEKs	TURNIPS
LETTUCE	WATERCRESS
MARROWS	

NOVEMBER

CABBAGE SOUP (SOUPE AU CHOU)

Put a pound of pickled pork in a saucepan of cold water with a bouquet of parsley, thyme and bayleaf, and cook it after it has come to the boil for an hour. Then take out the bouquet and the pork, which latter will be excellent served cold for breakfast. Put into the water a carrot and a small turnip cut in pieces, and a good cabbage, finely shredded. Add some more salt and pepper (but be careful of the salt!), and cook again for another two hours. About half an hour before the soup is wanted, throw in some chopped parsley, a chopped clove of garlic (if you like it), and a little of the boiled pork cut up fine. Your soup is then ready, and fine stuff for a winter's luncheon it is!

STEWED JERUSALEM ARTICHOKEs

Chop up a large onion, and fry it without browning in two ounces of butter for about fifteen minutes. Then add a pound and a half of pared and sliced artichokes, a clove of garlic (if you like), a pinch of mixed spice, salt, pepper and a bouquet of parsley, thyme and bay-

NOVEMBER

leaf. Toss for a few minutes over a low fire, then barely cover with a fifty-fifty mixture of stock and white wine. Cover and simmer very slowly until the artichokes are done.

DUTCH BEETROOT

Boil or bake the beetroots, and when they are cooked and peeled, cut them in slices. Heat these in a tablespoonful of butter, then add salt, pepper and a tablespoonful of vinegar, and serve hot.

PURÉE LIMOUSINE

(BRUSSELS SPROUTS AND CHESTNUTS)

Boil the sprouts and drain them well. Meanwhile cook the chestnuts in stock. Take half and half, and mash them together, pass them through a sieve, and season them rather highly. Cook together for a minute, add a little butter, and the *purée* is ready. It is excellent with grilled sausages.

RED CABBAGE À LA LIMOUSINE

Slice the cabbage finely, removing any hard stalky pieces, and let it soak in cold water for half an hour. Now put a piece of butter into a stew-pan and a tablespoonful of stock, and the cabbage, put on the lid, and let it cook for three-quarters of an hour. Then add a few pieces of uncooked peeled chestnuts and some little bits of roast pork fat, put on the lid again, and finish cooking all together.

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MUSHROOM AND BACON SAVOURY

Peel some medium-sized mushrooms, cook them in a little butter, and when they are done, drain them and dry them. Wrap each in a thin rasher of streaky bacon, stick a little skewer through them, and either grill them, bake them, or fry them in butter. Serve, unskewered, on rounds of buttered toast.

ONION PANCAKES

Make some pancakes of unsweetened batter, stuff them with the onion *purée* given on page 141, arrange them in a long dish, cover them with cheese or tomato sauce which should be browned lightly under the grill.

FRIED ONIONS

In my humble opinion the best way of frying onions, and of making certain that they are crisp and golden (and not as so often black and sodden) is the following: cut them into rings, dip these first in flour, then in beaten white of egg, and then in flour again, and fry them in very hot deep fat.

POTATO FRITTERS (SCOTS)

Parboil some large peeled potatoes, and cut them in rounds about an eighth of an inch thick. Dip these slices in a mixture of two eggs beaten up with a tablespoonful of fine breadcrumbs and the same of grated lean ham, and fry them in deep fat.

NOVEMBER

STEWED SHALLOTS

Shallots are mostly pickled in this country, and are seldom used otherwise apart from their general use in cookery. But here is a dish of them alone.

Melt an ounce of butter in a pan, peel two pounds of shallots, and stew them gently in the butter with half a cupful of vegetable stock so that the shallots are not browned. Cover and simmer gently for half an hour. When they are done, add a tablespoonful of finely chopped chives, season with salt and pepper, and serve them.

FRIED SALSIFY

Cook the salsify as directed on page 25, drain it well and dry it, and then fry it in a frying-pan with hot butter, seasoning it with salt and pepper. When done, drain on kitchen paper and serve sprinkled with chopped parsley.

SPINACH TOASTS

Cut some slices of bread four or five inches long and about a quarter of an inch thick, and spread them with some cooked spinach which has been bound with yolk of egg. Brush a little egg over the top, breadcrumb them and fry them.

POACHED EGGS FLORENTINE

Cover a shallow fireproof dish with spinach *purée*, place on it some lightly poached eggs, cover them with a cheese sauce, and brown the top very quickly indeed under the grill.

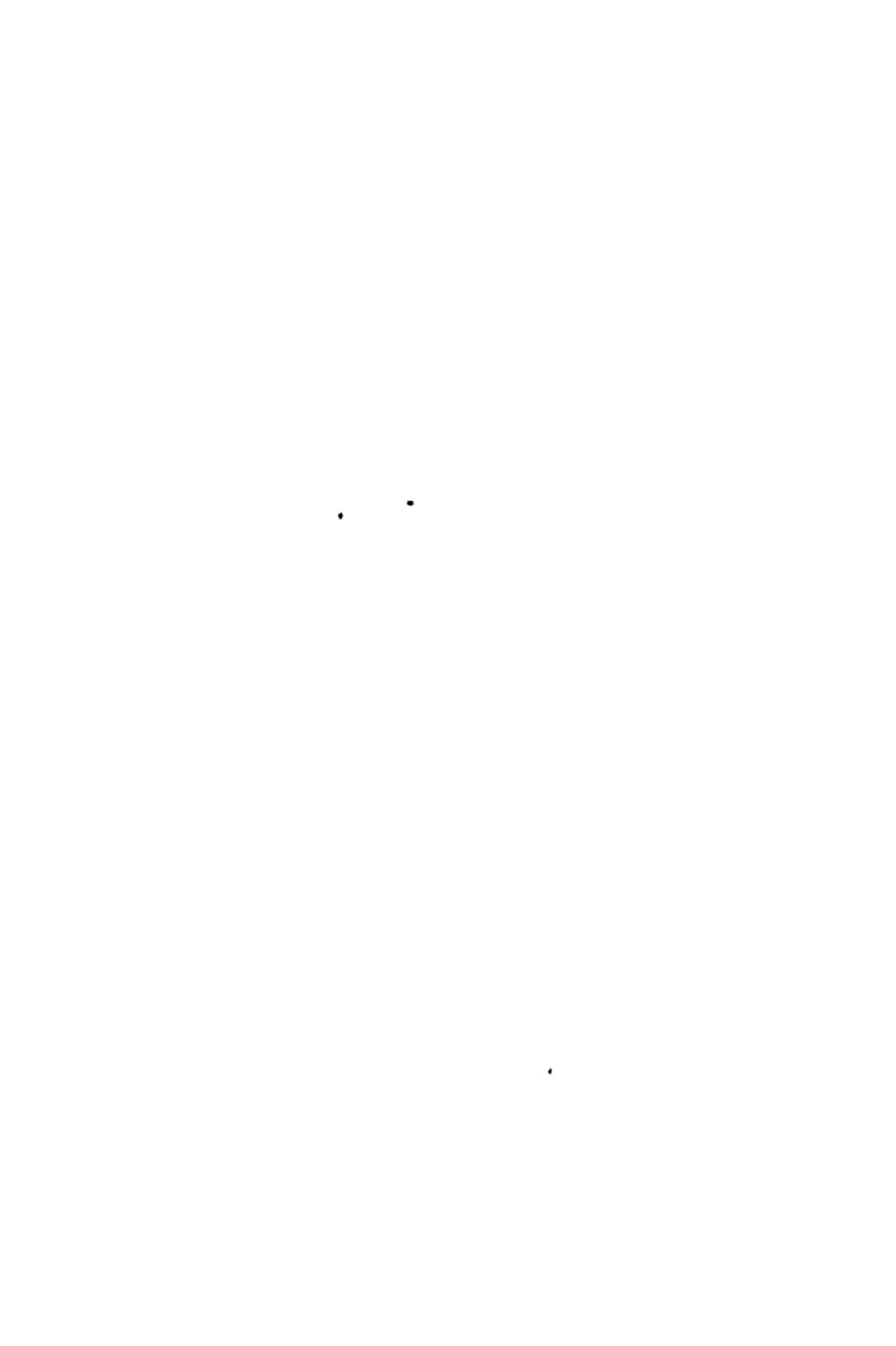
NOVEMBER

TURNIP CROQUETTES

Boil the turnips in the usual way, then mash them, and dry well over the fire, finally squeezing them even drier in a cloth. Now mix this *purée* with salt, pepper, and two egg-yolks, and when it is cold, shape into little croquettes, egg-and-breadcrumb them, and fry them in deep fat.

CURRIED MIXED VEGETABLES

Mix half a tablespoonful of curry powder with two ounces of butter in a stew-pan, and season to your taste with salt. Add to this half a pound of potatoes cut into slices about half an inch thick, a small cauliflower divided into little flowerets, half a pound of tomatoes peeled and quartered and a pound of chopped onions. No water is necessary. Simply put on the lid of the pan and simmer gently, stirring now and again, till all the vegetables are done. Just before serving let the gravy reduce to nothing, leaving the vegetables only moist. In summer time a handful or two of shelled raw peas may be put in with the other vegetables at the beginning.



DECEMBER

HOME-GROWN VEGETABLES IN SEASON IN DECEMBER

ARTICHOKEs,	MUSHROOMS
JERUSALEM	MUSTARD AND CRESS
ASPARAGUS	ONIONS
BEETROOT	PARSLEY
BROCCOLI	PARSNIPS
BRUSSELS SPROUTS	POTATOES
CABBAGE	SALSIFY
CABBAGE, RED	SAVOYS
CARROTS	SCOTCH KALE
CELERY	SEAKALE
CAULIFLOWER	SHALLOTS
CUCUMBER	SPINACH
CURLY KALE	SWEDES
LEEKs	TOMATOES
LETTUCE	TURNIPS
MINT	WATERCRESS

DECEMBER

SALSIFY SOUP

Scrape as many roots of salsify as you want, putting them as you do them into acidulated water to prevent discoloration, then cut them in pieces about two inches long, and boil them in slightly salted water with a squeeze of lemon juice and a nice bit of butter. They will probably take about an hour to cook. When they are tender, drain them, and pass them through a wire sieve. Moisten the resulting *purée* with boiled milk, season, heat up well, and bind with cream, or cream and egg-yolk. Serve with *croûtons* of fried bread.

ARTICHOKE CHIPS

Pare the Jerusalem artichokes, cut them in thin slices, as if they were chip potatoes, and let these lie for an hour in water slightly acidulated with lemon juice. Then take them out, dry them well in a cloth, and fry them in deep fat. Admirable with grilled meat.

ROAST ARTICHOKES

A very unusual way of serving this vegetable is to peel the Jerusalem artichokes, and cook them under

DECEMBER

the meat in exactly the same way as roast potatoes. They will get rather discoloured, but this will not matter, as their flavour will make up for their looks!

BEETROOT À LA CRÈME

Cut some very thin strips of cooked beetroot, and mix them with equally thin slices of raw onion. Dress with them a mixture of salt, pepper, lemon juice, French mustard and cream.

BRUSSELS SPROUTS AND CHESTNUTS

Just the dish for the roast turkey! Cook the sprouts in your best manner, keeping them a little firm, and when they are well drained mix with them an equal amount of chestnuts which have been peeled and cooked in stock. Butter them nicely, and they are excellent.

BRUSSELS SPROUTS À LA LYONNAISE

Boil your sprouts as usual, drain them and dry them well. In a frying-pan melt a little butter, and in this fry some chopped onions until they are golden. Then add the drained sprouts, toss them together over the fire, and serve at once.

RED CABBAGE (1)

This is a good deal nicer than plain pickled cabbage. Take some of the thin strips from the pickle, drain them carefully and mix them with thin strips of raw apple, dressing them with a French dressing.

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RED CABBAGE (2)

Red cabbage is eaten raw as a salad in Holland. It is well washed, then drained and dried, and shredded up, as you would for pickling it. The shreds are then covered with mayonnaise sauce, and left thus for two or three hours before serving.

LEEK PUDDING

Trim and wash the leeks and cut them into inch lengths. Line a pudding basin with a good suet crust, fill it with the pieces of leek seasoned with salt and pepper, and adding half an ounce of butter for every three medium-sized leeks. Cover with more paste, and steam for three hours. Serve with beef gravy.

SAVOURY MUSHROOMS ON TOAST

Cook the mushrooms in a mixture of half butter and half olive oil, and when they are nearly done, add finely chopped parsley and chives, sprinkle with salt and pepper, and serve on fried bread or buttered toast.

ONIONS AS AN HORS-D'ŒUVRE

As MUSHROOMS AS AN HORS-D'ŒUVRE (page 109), omitting the mushrooms.

ONION RAGOUT

This is very good with dishes of lamb or mutton. Put two pounds of small onions into a stew-pan with two ounces of butter, and fry them a golden brown. Then add two tablespoonfuls of white wine, a few

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cloves, a small stick of cinnamon, and two bayleaves. Moisten with half a pint of good stock, and add half a pound of tomatoes rubbed through a fine sieve. Simmer all together for about an hour, or until the onions are tender, and serve hot.

ONION FRITTERS

Cut some large onions into thin rings, and dip them in a batter which has been left to stand for at least an hour and is seasoned with mixed herbs and cayenne pepper. Fry the rings quickly in hot fat, and serve at once.

BAKED POTATOES (STUFFED WITH SAUSAGE MEAT)

Peel some fairly large old potatoes, cut them in half lengthwise and scoop out a good-sized hole in each half. Stuff this cavity with sausage-meat, to which you have added a good deal of chopped parsley and, if you are wise, a little garlic. Put the potatoes into a fireproof dish, or baking tin, with a cupful of stock, and bake them for about an hour in a moderate oven, basting them well the while.

POTATO SOUP (QUICK)

Make hot some good, well-flavoured stock, and grate coarsely into it a few peeled raw potatoes. Stir well, bring to the boil and cook for ten minutes only. Add a little chopped parsley at the last moment.

DECEMBER

BRAISED SAVOY

This is quite one of the most delicious ways of cooking cabbage, but many people dislike the rather dull colour it becomes.

Take the inner part of two savoys, or cabbages, and cut them in quarters. Remove the hard part of the stalk as usual. Keep the quarters whole and blanch them in plenty of boiling salted water for fifteen minutes. Then turn them into a colander, plunge them into cold water, and leave them there for ten minutes. Now drain them and press them between your hands, so as to squeeze out as much moisture as you can. Cut out also any hard ribs. Now put a couple of rashers of fat bacon in the bottom of a stew-pan, better an earthenware one, which should be just big enough to hold the savoys. Lay the quarters on the bacon, and on them an onion stuck with a clove, a bouquet of parsley, thyme and bayleaf, and a seasoning of salt and pepper. Put another two rashers on top, and pour in about three-quarters of a pint of stock or even water. Bring to the boil, cover with a piece of buttered paper, and then the lid, and simmer very gently for a couple of hours, if possible in the oven.

TURNIPS WITH MUSTARD SAUCE

An unusual and attractive way of serving turnips or swedes. Cut a pound and a half into small cubes, chop up a couple of small onions or shallots, and brown turnips and onions in butter, stewing them until tender, with the lid on. Meanwhile, mix a tablespoonful of butter with the same of flour, and moisten with a break-

DECEMBER

fastcupful of meat or vegetable stock. Simmer for twenty minutes, then season with salt, pepper and two teaspoonfuls of made mustard. Put the drained vegetables into this sauce, heat them up, leave them in it for ten minutes or so, and serve very hot.

MIXED VEGETABLES

Parsnips are a little difficult to deal with, as many dislike their peculiar sweetness. But this mixed dish should overcome any prejdicé, especially if served with mutton or lamb.

Cut up some swedes, parsnips and carrots, and boil them together until they are tender. When done, cut the carrot into dice and keep them hot, while you mash up the swede and parsnip together. Add the carrot dice to this *purée*, moisten with a tablespoonful of cream, mix well and serve sprinkled with a little pepper.

A TABLE OF BOILING TIMES FOR VEGETABLES

Some people find it difficult to remember how long the ordinary processes of boiling or steaming vegetables take. In order to save them the trouble of looking each vegetable up in their cookery books, the following table has been prepared as a rough guide. The actual time depends, of course, on the age and size of the vegetable to be cooked, whole vegetables taking longer than vegetables cut in pieces. These times are therefore approximate.

For *Steaming*, allow a quarter to a third of the time longer.

TABLE OF BOILING TIMES

	QUANTITY OF WATER	PAN	MINUTES
Artichokes, Globe	Water to cover	Uncovered	25-40
Artichokes, Jerusalem	Water to cover	Uncovered	15-35
Asparagus	Water to cover	Uncovered	10-20
Beans, Broad	Water to cover	Uncovered	15-25
Beans, Dwarf	Plenty of water	Uncovered	15-25
Beans, Runner	Plenty of water	Uncovered	15-25
Beetroot, small	Water to cover	Covered	30-60
Beetroot, large	Plenty of water	Covered	1-2 hours
Broccoli	Plenty of water	Uncovered	15-25
Brussels Sprouts	Plenty of water	Uncovered	10-15
Cabbage	Plenty of water	Uncovered	10-25
Carrots, young	Small amount	Covered	10-20
old	Water to cover	Uncovered	20-30
Cauliflower	Plenty of water	Covered	10-20
Celery	Water to cover	Uncovered	10-30
Cucumber	Small amount	Uncovered	5-15
Curly Kale	Water to cover	Uncovered	15-25
Endive and Batavia	Plenty of water	Uncovered	15-25

Leeks	Plenty of water	Uncovered	15-20
Lettuce	Very small amount	Covered	5-10
Marrows	Water to cover	Uncovered	15-20
Onions	Plenty of water	Uncovered	30-40
Onions, Spring	Water to cover	Uncovered	8-15
Parsnips	Water to cover	Uncovered	20-45
Peas	Small amount	Uncovered	10-25
Potatoes	Water to cover	Covered	20-40
Radishes	Water to cover	Uncovered	15-20
Salsify	Water to cover	Covered	30-60
Savorys	Plenty of water	Uncovered	20-40
Scotch Kale	Water to cover	Uncovered	15-25
Seakale	Water to cover	Covered	25-30
Spinach	Almost no water, none at all or plenty, accord- ing to recipe	Uncovered or Covered	10-15
Spring Greens	Plenty of water	Uncovered	10-15
Swedes	Plenty of water	Uncovered	30-45
Tomatoes	Hardly any water	Covered	5-20
Turnips	Plenty of water	Uncovered	15-45
Turnip-tops	Plenty of water	Uncovered	20-30
Watercress	As Spinach		

SALADS

A SPANISH SAYING OF SALAD DRESSINGS

Be a Sage with the salt, a Miser with the
vinegar, a Spendthrift with the oil, and a
Madman with the working of the dressing.

THE REV. SYDNEY SMITH'S SALAD DRESSING

*To make this condiment, your poet begs
The pounded yellow of two hard-boil'd eggs;
Two boil'd potatoes, pass'd through kitchen sieve,
Smoothness and Softness to the Salad give.
Let onion atoms lurk within the bowl,
And, half-suspected, animate the whole.
Of mordant mustard add a single spoon,
Distrust the condiment that bites so soon.
And deem it not, thou man of herbs, a fault,
To add a double quantity of salt.
Four times the spoon with oil from Lucca brown,
And twice with vinegar procured from town.
Then, lastly, o'er the flavour'd compound toss
A magic soupçon of anchovy sauce.
Oh green and glorious! Oh herbaceous treat!
'Twould tempt the dying anchorite to eat.
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl!
Serenely full, the epicure would say
Fate cannot harm me, I have dined to-day.*

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NOTE.—It is assumed that readers of this book are familiar with the various salad dressings, which lack of space prevents my rehearsing here. But to save confusion it should be said that the “French Dressing” frequently mentioned in the following pages should consist of nothing else than salt, pepper, one part vinegar and two parts olive oil.

ALSATIAN SALAD

Cut plenty of cold waxy potatoes into small pieces or cubes and mix them with any or all of the following that you like: chopped cold chicken, small pieces of cooked beef, lamb or veal, ham or bacon, anchovies or herrings in oil cut in dice, beetroot, gherkins, and so on. Season with French dressing an hour before serving, and at the last sprinkle with chopped onion and parsley.

ARTICHOKE BOTTOMS AND FOIE GRAS SALAD

A very grand salad suggested for use with your cold Christmas turkey! Cook some artichoke bottoms, and

SALADS

when they are cold, surmount each by a slice of *pâté de foie gras*, and mask with mayonnaise sauce.

BEETROOT SALAD (1)

Add to your beetroot slices a little very finely minced onion or tiny thinnest rings of it, and use the following sauce to dress it. Take three tablespoonfuls of made mustard, season them with salt and pepper and a few drops of lemon juice. Mix well together, and add gradually, stirring all the time, as much cream as you like.

BEETROOT SALAD (2)

In Germany thin slices of cooked beetroot are mixed with sliced radishes, chopped shallots and dressed with vinegar, salt, peppercorns, a little sugar, caraway seed, a chopped bayleaf and a little beetroot juice.

BEETROOT AND DANDELION SALAD

Dandelion may sometimes be bought in shops, but usually it grows for nothing, and all you have to do to make them ready for eating is to blanch them by putting over the plants a flat stone or a tile, or a flower pot. If you do come by any, use the hearts only, and mix them with about the same quantity of beetroot. Dress with French dressing of olive oil, vinegar, salt and pepper.

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BEETROOT AND HORSE-RADISH SALAD

Mrs. Lucas in her *French Cookery Book* has an interesting suggestion here. "Chop a cooked beetroot," she says, "put it in a small earthenware bowl, mixing it with a handful of grated horse-radish. Cover with boiling tarragon vinegar, and set aside for at least twelve hours."

BROAD BEAN SALAD

Dress cold young broad beans with French dressing, and sprinkle with finely chopped summer savory, or if you cannot get that with parsley. Decorate with powdered hard-boiled egg-yolk and the finely chopped white.

CARROT SALAD

Scrape six large carrots, and wash them well in cold water. Cut them in slices and boil them until tender. Then drain and dry them, put them into a salad bowl, and dress them with a little white wine vinegar, some finely chopped onion and celery, and two bayleaves.

CHESTER SALAD

Make a salad with lettuce and tomatoes, dress with French dressing and sprinkle on top with some grated Cheshire cheese.

CREOLE SALAD

This is a salad of equal quantities of skinned tomato slices alternating with banana rings on lettuce leaves. Sprinkle with chopped onion and dress with cream dressing.

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CREOLE VEGETABLE SALAD

Cut into fine strips one cooked carrot, a breakfast-cupful of French beans, three cooked beetroot, and mix them with half a cup of cooked green peas. Dress with French dressing.

CUCUMBER SALAD WITH SOUR CREAM

Peel the cucumber, cut it into dice, sprinkle them with salt, and leave them for an hour. Drain off all the liquid, and mix the dice with a gill of sour cream, flavoured with a little lemon juice, salt and pepper.

DUTCH AUTUMN SALAD

Cook separately equal amounts of celeriac and Jerusalem artichokes. Drain them well, cut them in thin slices, and mix them with some large peeled Brazil nuts also cut in thin slices. Dress with mayonnaise sauce.

ENDIVE SALAD

The leaves of the endive are prepared like lettuce, and dressed in the same way. In France, however, the salad bowl is first rubbed with a cut clove of garlic, or a small crust well rubbed with garlic is put in the bottom of the salad bowl, as garlic goes particularly well with this salad—for those who like it.

ENGLISH WINTER SALAD

Dice of cooked potato, carrot, turnip and raw apple and celery. Mix with raw finely chopped onion, and dress with cream salad dressing.

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FRENCH BEAN SALAD

Cold French beans should be mixed with a little finely chopped parsley and raw onion. Dress with French dressing.

ICED TOMATOES

Lay half a dozen whole tomatoes on a bed of cress or lettuce, garnish with chopped ice, and serve very cold indeed with mayonnaise sauce handed separately.

LEEK SALAD (1)

Cook some leeks in boiling salted water until they are tender, then let them get cold and well drained. Season them with an ordinary French dressing.

LEEK SALAD (2)

Cold cooked leeks are excellent if served as a salad dressed with ordinary French dressing; or a more elaborate salad with tomatoes can be made thus. Cut the cold leeks into neat even pieces, skin a large tomato, and cut it in slices. Break a lettuce in pieces, and lay on it alternate slices of leeks and tomato, dress with mayonnaise or French dressing, sprinkled with finely chopped tarragon and chives, and garnish with anchovy fillets, shrimps or prawns, olives and so on.

LETTUCE WITH SOUR CREAM DRESSING

Make a lettuce salad in the usual way, and dress it with three-quarters of a pint of sour cream mixed with two teaspoonfuls of vinegar and one of sugar. Garnish with hard-boiled egg.

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MUSHROOM SALAD

Fry some mushrooms, chop up the cooked stalks with some minced ham, heap up this mixture on the mushrooms, seasoning it to taste and adding if you like a touch of horse-radish, and serve them cold on a bed of watercress.

NORWEGIAN SALAD

Mix together some cooked beetroot and fresh pineapple both cut in cubes, dress with cream dressing to which you have added a few drops of tomato catsup and anchovy sauce, and serve in a border of lettuce leaves.

ONION SALAD

Peel a pound of large onions, put them into a saucepan with enough cold water to cover them, bring them to the boil, and take them out and drain them. Now soak them in cold water for six hours, changing the water every hour. Drain them again, and slice them very thinly. Sprinkle them with salt and pepper, dress with vinegar and olive oil, and just before serving scatter over a little finely chopped parsley.

ONION AND ORANGE SALAD

An Australian mixture which might be tried with, say, pork. Cut some thin slices of peeled oranges and lay them in the bottom of the salad bowl. Sprinkle them with castor sugar, then add a layer of thinly sliced raw onion seasoned with salt and pepper. Repeat until

SALADS

there is enough salad for the company, pour over enough white wine vinegar to cover the contents of the bowl, and let it stand for an hour before serving.

POTATO SALAD (1)

Boil the potatoes in their skins, peel them when cool and cut them in rings. Dress them with an ordinary French dressing, and sprinkle them with chopped parsley and plenty of finely chopped chives or the green part of young spring onions. Mix again, and serve.

POTATO SALAD (2)

You will find that the salad as described above is excellent if the potatoes are dressed while still hot, and the salad is eaten while warm. If it is eaten with roast mutton, pour over it at the last minute a tablespoonful or two of the gravy from the joint.

POTATO SALAD (3)

Boil the potatoes in their skins, peel them and cut them in rings. Put them in a salad bowl which you have first rubbed with a cut clove of garlic, add a little chopped parsley, if you like, and dress them with a mayonnaise sauce diluted with cream.

POTATO SALAD (4)

This salad can be eaten hot or cold, but it must be dressed while still hot. Dress the potato rings with a mixture (for every pound and a half) of four tablespoonfuls of olive oil, one of vinegar, two of red or

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white wine, three or four of cold stock, a coffee-spoonful of salt, a pinch of pepper, chopped parsley, chervil, tarragon and chives, and if you like a little mustard.

POTATO AND CARROT SALAD

Dice the cold cooked potatoes, mix them with chopped raw onion, dress them with mayonnaise, and cover them with grated raw carrot.

POTATO AND ORANGE SALAD

A strong tip for cold goose, duck or pork. Bake some waxy potatoes in their jackets. Cut them into small pieces, and put them in the salad bowl with an equal amount of orange sections, cut without skin, pips or pith. Dress with salt, pepper, a little orange juice, olive oil and vinegar.

RED CABBAGE SALAD

Slice a raw red cabbage very finely, and soak these in vinegar and water for about six hours. Drain them, and mix in an apple cut very small. Dress with oil, salt and pepper, and serve in a dish surrounded by cold boiled potato slices dressed with salt, pepper, a few drops of vinegar and a cupful of cream.

SALADE AUGUSTIN

Cos lettuce, quartered tomatoes, quartered hard-boiled eggs. Decorate with cooked green peas, and dress with a mayonnaise sauce made with Worcester sauce instead of vinegar.

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SALADE BAGATELLE

Very thin strips of carrot and mushroom, both cooked, arranged with asparagus tips, and dressed with a vinaigrette sauce.

SALADE CANAILLE

The foundation of this salad is plainly boiled rice, with which are mixed raw onions finely chopped, pieces of bananas, tomatoes cut in quarters and asparagus tips. It can be flavoured with a little finely chopped celery, and the dressing should be sour cream.

SALADE GERMAINE

This is the heart of a cabbage lettuce garnished with cold green peas and sprinkled with chopped parsley and spring onions, and lastly a pinch or two of finely chopped nuts. Dress with ordinary French dressing.

SALADE HONGROISE

Blanch some green cabbage leaves slightly, and cut them into thin strips. Then make a salad with them, with some pieces of bacon and potato dice, and dress with a mixture of olive oil, lemon juice and grated horse-radish.

SALADE MARIETTE

Cut slices of oranges, without pips, pith or skin, and sprinkle them with very thin strips of cooked carrot and of the outside of the orange peel. Season with vinaigrette sauce mixed with a little orange juice.

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SALADE MIMOSA

Garnish some halves of the hearts of small cabbage lettuces with quarters of oranges, grapes peeled and stoned and finely chopped banana. Dress with cream and lemon juice.

SALADE POITEVINE

Cook some rice in slightly salted water, and drain it. Cook also some small mushrooms in salted water, and cut them in pieces. Slice some small firm tomatoes thinly, and chop up a small onion and some tarragon. Season these things with pepper, and mix them with the rice.

SALADE POLONAISE

Arrange on a large dish little heaps of the following: carrot, turnip, beetroot, cucumber, gherkin, potato, hard-boiled egg and fillet of herring in oil. Beside each heap lay a quarter of hard-boiled egg filled with a mixture of its yolk and mayonnaise sauce. A vin-aigrette sauce, to which chopped parsley and tarragon have been added, should accompany this substantial salad.

SALADE RHÉNANE

Cut up finely two fillets of smoked herring and mix them with a couple of cold, boiled, waxy potatoes, a peeled and cored dessert apple, a slice of cold chicken or veal, a piece of beetroot, a few capers, two or three gherkins and a lettuce heart. These last should all be

SALADS

chopped up together. Make an ordinary French dressing, using red instead of white wine vinegar.

SALADE RIVIERA

Cut some cabbage lettuce hearts in half, and garnish each with slices of tomato and sprinkle with spring onions and white of egg chopped together. Dress with a French dressing to which rather more oil has been added and a yolk of hard-boiled egg pounded into it until quite smooth.

SALADE TANAGRA

Cut up bananas, tomatoes and celery in julienne strips and bind them with sour cream.

SALADE VIGNERONNE

Garnish cabbage lettuce hearts with peeled and stoned grapes and dress with sour cream and lemon juice.

SEAKALE SALAD

Cook some outdoor seakale, drain it well and let it get cold. Serve it as a salad with ordinary French dressing or thin mayonnaise sauce.

SEEDLING SALADS

In France lettuce seedlings are cut and eaten as a salad, and very admirable they are. They are grown in boxes like mustard and cress, and cut in the same way. This pleasant way of eating young lettuce was discovered

SALADS

by Mrs. C. W. Earle for herself many years ago, as she describes in her *Pot-Pourri from a Surrey Garden*.

"All this last month (May)," she writes, "we have been eating the thinnings of seedling lettuces as salad, and they are most delicious. All kinds of lettuce seem to eat equally well; they are grown in boxes in a frame. I first thought of eating them by seeing that they were thrown away to give room for those that were going to be planted out. I now purposely grow them in extra quantities and in succession, so that my salads never fall short."

SPINACH SALAD

Season finely chopped cooked spinach with lemon juice and pack it solidly in small oiled moulds, e.g. a castle-pudding mould. Chill them, turn the spinach out, and serve on lettuce with a round of lean ham beneath each spinach mould. A tartare sauce should be handed with this American form of salad.

TOMATO, GREEN PEPPER AND ONION SALAD

This is a favourite Creole salad. Slice four tomatoes, two greenpeppers and one large onion very thinly, and arrange in layers on a dish. Dress with French dressing.

WATERCRESS SALAD (1)

Simply dress plain watercress leaves with French dressing, using lemon instead of vinegar and rather less oil than usual as the watercress is rather oily.

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WATERCRESS SALAD (2)

Cut boiled potatoes, waxy ones, in slices, and mix them with watercress leaves. Sprinkle with chopped parsley and hard-boiled egg-yolk.

WINTER SALAD

Cut some nice white celery hearts into thin strips about two inches long, and do the same to some cooked beetroot. Mix with watercress leaves, two parts of watercress to one each of the other ingredients. At the last minute dress with salt, pepper, two parts of olive oil and one of wine vinegar.

AMERICAN SALADS

Salads in America are almost legendary over here, but this short section is intended to show that while amazing mixtures of sweet and sour can be eaten over there, there are nevertheless a great number of salads, simple or complicated, which appeal to the English palate.

SIMPLE GREEN SALAD

Here, for instance, is a list of a few simple mixtures with green salad. They should all be dressed with French dressing.

Lettuce and watercress.

Lettuce, endive or batavia, and spinach.

Cabbage lettuce, cos lettuce, and endive or batavia.

Cos lettuce, watercress, sliced green pepper and batavia.

Lettuce, sliced cucumber, radishes, spring onions chopped, and rings of green pepper.

Batavia and chopped red peppers (pimento).

Cos lettuces, radishes and cucumbers.

AMERICAN SALADS

Cos lettuce, chopped red pepper, green pepper and green and black olives.

Cos lettuce, dandelion, watercress, sliced radishes and finely chopped spring onion.

BANANA GLACÉ FRUIT SALAD

Slice some bananas, and sprinkle them with lemon juice. Arrange them on cos lettuce leaves, sprinkle them with finely chopped glacé fruits, and cover with mayonnaise mixed with whipped cream.

BANANA, PEANUT AND TANGERINE SALAD

Peel and scrape bananas with a silver knife, and cut in thirds crosswise. Cut each third in pieces lengthwise, and roll in finely chopped peanuts. Arrange on lettuce with section of tangerine, and pour over a French dressing.

BEEFROOT AND MINT SALAD

Arrange thin slices of cooked beetroot on lettuce, sprinkle with finely chopped fresh mint, and dress with French dressing.

BEEFROOT, ORANGE AND ONION SALAD

Get half a dozen small boiled or baked beetroot, scoop out their middles and fill them with a mixture of orange sections cut in dice and finely minced onion. Serve on lettuce, and cover the top with mayonnaise sauce.

AMERICAN SALADS

CABBAGE AND PINEAPPLE SALAD

Mix together two cups of raw shredded cabbage and one cup of diced fresh pineapple. Dress with half a cupful of sour cream dressing or mayonnaise sauce; seasoning to taste.

CARROT SALAD

Grate young carrot over a bed of lettuce, and serve with French dressing.

CARROT AND ALMOND SALAD

Take two medium-sized raw carrots and two tablespoonfuls of blanched almonds and put them through the mincing-machine. Season with salt, moisten with mayonnaise, and serve on a green salad.

CARROT AND RAISIN SALAD

Mix together a cup of grated raw carrot and a quarter of a cup of seedless raisins. Dress with French dressing or mayonnaise, and serve on lettuce or watercress.

CAULIFLOWER AND ORANGE SALAD

Mix together three-quarters of a cupful each of shredded raw cauliflowerets, diced orange sections and diced celery. Add three tablespoonfuls of minced green pepper, half a teaspoonful of salt, and a few drops of onion juice. Dress, on a bed of lettuce, with French dressing.

AMERICAN SALADS

CELERY AND NUT SALAD

Mix together equal parts of finely chopped celery and walnuts or pecan nuts cut in pieces. Serve with French dressing.

CELERY AND PEANUT SALAD

Mix together some finely chopped celery with shelled, skinned and chopped peanuts, using twice as much celery as peanuts. Let them marinate in a French dressing, then serve on lettuce.

CHICKEN SALAD

Two cups diced chicken, half a cup each of chopped celery and diced cucumber and two tablespoonfuls of capers. Toss with mayonnaise.

DUTCH CHEESE SALAD

Sprinkle green salad with Dutch cheese broken up in small bits, and serve with French dressing.

FRENCH BEAN AND APPLE SALAD

Mix together two cups of cooked and drained French beans, a quarter of a cup of diced, rather sharp, apple, half a cup of chopped raw cabbage, half a teaspoonful of salt and moisten with mayonnaise sauce.

GRAPEFRUIT AND CELERY SALAD

This consists of sections of grapefruit arranged on cos lettuce, and sprinkled with *julienne* strips of celery, and chopped black olives. French dressing.

AMERICAN SALADS

NORMANDY SALAD

Sprinkle cos lettuce with chopped red and green peppers, and chopped green and black olives. Dress with French dressing.

ONION SALAD

Thinly slice raw large onions, and arrange them on lettuce. Garnish with watercress, and serve with French dressing.

ORANGE MINT SALAD

Peel and slice seedless oranges crosswise, serve them on a green salad bed, garnish them with sprigs of mint and serve them with a French dressing mixed with chopped mint.

PEAR SALAD

Drain a tinned pear, and put it cut side downwards on a bed of lettuce. Stick it all over with blanched sliced almonds and garnish with sliced maraschino cherries. Serve with French dressing mixed with melted red currant jelly.

POTATO AND BACON SALAD

Mix together two cupfuls of hot diced potatoes, four slices of very crisply fried bacon, crumbled up, half a dozen chopped stuffed olives, half a chopped red pepper, a tablespoonful of chopped chives and half a tea-cupful of French dressing.

AMERICAN SALADS

POTATO AND CELERY SALAD

Mix together two cups of cooked potato cubes, half a cup of finely cut celery and one apple, peeled, cut in eighths and then sliced. Moisten with French dressing, and garnish with celery tops.

SHRIMP AND ASPARAGUS SALAD

Arrange equal amounts of shrimps or prawns and asparagus tips on salad plates, and cover them with mayonnaise sauce to which you have added dry mustard, paprika pepper and Worcester sauce.

STUFFED TOMATO SALAD

Peel the tomatoes, scoop out their middles, and fill them with a mixture of finely chopped pineapple, fresh or tinned, tomato pulp drained, finely chopped spring onion and watercress. Mix again with cream cheese and moisten with mayonnaise.

SWEETBREAD SALAD

Mix equal parts of diced cooked sweetbreads, diced celery and diced cucumber. Toss lightly with mayonnaise.

SWEET CORN SALAD

Drain thoroughly two cups of tinned sweet-corn. Season with mustard and onion juice, and let it lie for an hour in French dressing. Then drain it and serve on lettuce.

AMERICAN SALADS

TOMATO AND ORANGE SALAD

Arrange alternate sections of peeled oranges and tomatoes on a green salad, and serve with French dressing.

APPENDIX

THE GLOBE ARTICHOKE

This is a vegetable which is sadly neglected in this country. How seldom does one ever encounter even a whole artichoke boiled and served with melted butter! I suppose it is because there is rather a lot of trouble in dealing with it at the table, and although we willingly eat our asparagus with our fingers, the business of picking off the artichoke leaves and dipping them in butter is a little too tedious, even if we are consoled by the delicious *fond*, the artichoke bottom, at the end.

The simplest way of serving this vegetable is, after soaking it carefully in salt and water to remove insects, to cut the stalks off close under the heads (which should be young ones), put the heads stalk end upwards in slightly salted boiling water, and boil them until the leaves come off easily when pulled. This should be in about half an hour. Then drain them well, serve them on a napkin, and hand melted butter with them.

But if you like you can first boil the artichoke, then

THE GLOBE ARTICHOKE

scoop out carefully the centre leaves, and the 'choke' or hairy part immediately over the artichoke bottom, and serve this filled with some sort of suitable *purée*, such as spinach.

But by far the greatest manifestation of the Globe Artichoke is the use of its bottom. A thousand different dishes and garnishes of *fonds d'artichauts* are as famous in France as they are practically unknown here. It is true that most chefs probably buy their *fonds* in tins or bottles, but to eat the freshly cooked *fond* is a gastronomical experience of which the tinned or bottled are only the faintest echo.

To prepare them, cut the tops of the leaves horizontally, parallel with and close down to the top of the *fond*. Trim all the leaves which adhere to the *fond* quite closely all round, and pare off the stalk smoothly. Plunge these bottoms into boiling water, and blanch them, which will make it quite easy to scoop out the 'choke' with a plated spoon. These bottoms are as good as in any other way if they are simply filled with a *purée* made with the edible part of the leaves. They are excellent, too, when served cold with a mayonnaise sauce. They can also be treated as fritters, as in this simple way. They are stuffed with a pleasant, and not too heavily flavoured forcemeat, two are pressed together to make a sort of sandwich, they are stuck on a skewer, dipped in batter, and fried in deep fat. Another way is to lay the cooked *fonds* on a bed of spinach, cover them with Mornay sauce, and brown this quickly. Or the *fonds* can be made into a *purée*, bound with cream, and very delicate it is, too.

THE GLOBE ARTICHOKE

Here are a few dishes in which artichoke bottoms are used as a garnish; they are either *tournedos* of beef or *noisettes* of lamb.

BELLE-HÉLÈNE. The meat is grilled and served garnished with artichoke bottoms filled with Béarnaise sauce, with straw potatoes and watercress.

BRÉHAN. The meat is fried and the pan swilled with Madeira and half-glaze sauce. The garnish is artichoke bottoms filled with a *purée* of young broad beans, potatoes, and cauliflowerets masked with Hollandaise sauce.

CATALANE. The meat is grilled, arranged on a bed of artichoke bottoms and surrounded by grilled tomatoes.

CENDRILLON. The meat is fried, and dished on a bed of artichoke bottoms filled with a truffled onion sauce. Thick tomato sauce is poured round.

CLAMART. The meat is fried, and the pan swilled with thick gravy and Madeira. The garnish is artichoke bottoms filled with new green peas.

MARIE-LOUISE. The meat is fried, and the pan swilled with half-glaze sauce. The meat is placed on a thin piece of fried bread, and covered with the sauce. It is garnished with artichoke bottoms filled with half onion *purée*, half mushroom *purée* mixed together.

MARLY. The meat is fried, and the pan swilled with Madeira and half-glaze sauce. The garnish is artichoke bottoms filled with little balls of cooked carrot.

MONTPENSIER. The meat is fried and the pan swilled with Madeira and half-glaze sauce containing thin

THE GLOBE ARTICHOKE

strips of truffles. The garnish is artichoke bottoms filled with asparagus tips bound with butter.

RACHEL. The meat is fried, and the pan swilled with Bordelaise sauce. The garnish is artichoke bottoms containing a piece of poached beef marrow, and they and the meat are masked with the sauce.

SEYMOUR. The meat is fried and the pan swilled with Madeira and half-glaze sauce containing stuffed olives. Cover the meat with the sauce and on each piece place an artichoke bottom filled with Béarnaise sauce, which is sprinkled with dice of truffles.

APPENDIX II

SOME UNUSUAL VEGETABLES

WAXPOD BEANS

SEAKALE BEET

KOHLRABI

CARDOON

CAPSICUMS

(Sweet Peppers)

CELERIAC

DANDELION

MAIZE (Sweet-Corn).

SUGAR PEAS

SORREL

Although in the main the recipes in this book have dealt only with the home-grown vegetables generally available in the greengrocer's shop and listed by the British Growers' Council, there are nevertheless a number of other vegetables which can sometimes be seen for sale, sometimes grown in our own gardens or our friends', that very often baffle the poor cook when they are brought into the kitchen. It was felt, then, that in a book dealing as comprehensively as this with vegetables, a few recipes for these less common growths might usefully be included: and here they are.

SOME UNUSUAL VEGETABLES

WAXPOD BEANS

These are more commonly known as Butter Beans, but what we are concerned with now is the bean pod before it becomes too old. It is better to blanch them in boiling water for five or ten minutes before they are strung, and they can then be cooked in the same way as French beans or, better in my opinion, in this way with butter.

While they are still hot, string them, and then put them into a saucepan with an ounce or so of butter, simmer them there for five minutes, then season with salt and pepper, and add a little chopped parsley and half a pint of boiling water. Bring to the boil, put a piece of buttered paper under the lid and cook very slowly in the oven for an hour. On serving, mix in a couple of tablespoonfuls of cream, and one or two small bits of butter.

SEAKALE BEET

This massive and increasingly popular vegetable is a puzzle to some, who simply cook the leaves like spinach, and wonder what to do with the large white mid-ribs. After the leaves have been removed cut each mid-rib into five or six pieces. Peel these and throw them into cold water as you do so. Cook them in slightly salted boiling water until they are tender, about three-quarters of an hour, then drain them very well, and serve them with a white or cheese sauce, alternating layers of the beet and the sauce in your dish, or simply arrange the pieces in a dish, sprinkle them

SOME UNUSUAL VEGETABLES

with butter and grated cheese, and brown them in the oven.

KOHLRABI

Peel and quarter a large kohlrabi, cover it with boiling salted water, and boil gently until tender, for half to three-quarters of an hour. Make a sauce with an ounce and a half of butter, half an ounce of flour and half a pint of milk, cooked for a little and seasoning with salt, pepper and nutmeg. Meanwhile boil the tenderest of the kohlrabi's leaves, drain them well, and toss them in a little butter. When the root is done, drain the pieces and heat them up again, and serve them with the sauce poured over them, and the leaves as a garnish.

CARDOON

There is a good deal of waste in these aristocrats of the thistle world, and you must expect, in preparing them, to lose quite two-thirds of their weight. All the outer leaves must be taken off quickly, and the inner ones cut in pieces about four or five inches long, peeled and rubbed at once with a cut lemon and thrown into cold water to which you have added a spoonful of vinegar. Do the same to the heart of the cardoon, after you have removed the woody covering. Then plunge them into a boiling *blanc* (see below), cover and cook gently for about an hour and a quarter. Then drain the pieces well, and serve them on a napkin, handing hollandaise sauce with them. Or you can serve them with a Mornay sauce in alternate layers like the seakale beet already described on the previous page.

SOME UNUSUAL VEGETABLES

Blanc

The French cook many white vegetables, such as cardoons, artichokes, salsify, and so on in what is known as a *blanc*. To make this, put a heaped tablespoonful of flour in a little water, and add to it when it is quite smooth two quarts of water with two tablespoonfuls of vinegar and a little salt. Stir until it boils, and then add the vegetables, and finally three tablespoonfuls of clarified beef or veal dripping. This when melted forms a covering to keep out the air, and the vegetables will cook quite gently underneath, and keep their colour and flavour better.

CAPSICUMS (SWEET PEPPERS)

These highly coloured and decorative objects, green, yellow or red, are very good fare indeed. They make an excellent soup, creole soup, and an admirable light *entrée* when served stuffed.

CREOLE SOUP. Chop up enough onion to give two tablespoonfuls, and green capsicums to give three, and fry these together in two ounces of butter for five minutes. Add an ounce and a half of flour, a pound of quartered tomatoes and a quart of brown stock. Bring to the boil, and simmer for a quarter of an hour. Strain and season highly with salt, pepper and cayenne. Just before serving add a dash of vinegar, some grated horseradish, and cooked macaroni cut in rings. You can use bottled horseradish sauce, but in that case omit the vinegar.

SOME UNUSUAL VEGETABLES

STUFFED CAPSICUMS

Cut off the tops of half a dozen sweet peppers, preferably red ones, and scoop out the pips and pith from the inside very carefully so as not to damage the vegetables. Chop up two onions with the tops of the peppers, and fry them in butter until nicely golden: then add salt, pepper, a teacupful of stock and two tablespoonfuls of tomato *purée*. Mix in a teacupful of half-cooked and well-drained rice, and finish cooking it in this sauce. Add a little butter, strain the sauce from the mixture, and use the latter to stuff the peppers. Lay them then in a buttered fireproof dish, pour in the sauce, and bake them in the oven until done, covered with a buttered paper.

CELERIAC

Beside making an excellent soup, celeriac can advantageously be served as a salad or in a ragout. For the salad (which usually appears as an hors-d'œuvre), it should be cut in very thin strips, and dressed with a mayonnaise in making which a spot of mustard was used. It is also used in *Salade Waldorf*, which consists of dice of celeriac and dice of apples, mixed with an equal amount of fresh-peeled nuts, and dressed with a thin mayonnaise.

RAGOUT OF CELERIAC. Peel some small roots of celeriac as you would turnips, cut them in slices half an inch thick, and put these into cold salted water. Bring to the boil, and cook with the lid on for half an hour to three-quarters, when the pieces should be

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tender. Make an ordinary brown sauce, put the well-drained pieces of celeriac into this, and let them simmer on for another twenty minutes.

Celeriac can also be cooked as above, and finished in a cheese sauce instead of a brown one.

DANDELION

Dandelion leaves are better known in salads than they used to be, but they are seldom if ever cooked in this country. Wash them well, leave them to soak in cold water for an hour, then blanch them for a few minutes in boiling salted water, take them out and cook them for about half an hour in fresh boiling water. Drain them well, pressing out as much moisture as possible, chop them up finely, and fry them with butter. Add a spoonful or two of cream before serving.

MAIZE (SWEET CORN)

CORN-ON-THE-COB. Remove the husks and silky threads, and cook the head from ten to twenty minutes in boiling *unsalted* water. Eat with melted butter, sticking a fork into each end of the cob and gnawing the corn off, a possibly messy business but the best. But you can also cut the corn off the cob with a sharp knife, and mix it with melted butter, seasoning and a little cream.

CORN OYSTERS. Mix together a breakfastcupful of raw corn grated from the cob, one well-beaten egg, salt, pepper and half a cupful of flour. Drop spoonfuls of this in deep fat, and fry golden.

SOME UNUSUAL VEGETABLES

SUGAR PEAS

These are what the French call *Pois gourmand* or *pois mange-tout*, because you eat the pod as well. They must be young. Break off each end of the pod, and the strings should come off with the broken ends. Then break the pod in two or three pieces, and cook them in any of the ways applicable to green peas. The simplest is to put them into boiling salted water, and cook them for about twenty minutes. Then drain them and serve them rolled in a little butter.

SORREL

I cannot understand why this delicious vegetable is not more popular here. It may be found rather too astringent, but this disadvantage can be overcome by using it with spinach in whatever proportion you think fit.

SORREL SOUP. Remove the ribs from half a pound of sorrel, and chop up the leaves coarsely. Stew them slowly covered with a small piece of butter for twenty minutes, sprinkle with a tablespoonful of flour, let this brown lightly and moisten with just over a quart of hot water, seasoning with salt and a pinch of sugar. Cover and boil gently for a quarter of an hour. Beat two eggs in a teacupful of milk, and strain this into the soup, mixing well and seeing that it does not boil after the eggs have been added.

Sorrel can be prepared in a *purée* or *en branches* in the same way as spinach.

APPENDIX III

VEGETABLE WINES

Although I must myself plead guilty to disliking home-made wines, there has of recent years been an increasing interest in these survivals of the old still-room, and in this book about home-grown vegetables perhaps it would be appropriate to conclude with home-made vegetable wines.

Here, then, are a dozen or so recipes for those wines which we are told delighted our great-grandmothers. We can at any rate discover for ourselves what the tastes of those days were, and how far they coincide with—or differ from—ours.

BEETROOT WINE

Wash four pounds of beetroots, cut them in pieces, and put them into cold water, allowing a quart for every pound. Boil until the colour is extracted and then strain the liquor off. Now to every quart of it, add half a pound of lump sugar, the juice of a lemon, four or five cloves and a root of ginger. Stir until the sugar is

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dissolved, spread half an ounce of yeast on toast, put in when lukewarm and keep covered for a fortnight, stirring each day. Skim well then, bottle and cover lightly until fermentation stops. Then cork down and keep for twelve months before drinking.

CARROT WINE

Here is "A Lady's" (1886) recipe for 18 gallons of carrot wine, proof at any rate that it was popular! The ingredients may of course be decreased, proportionately.

"Take one hundred and twenty pounds of carrots, wash and slice them, then boil them in twenty-three gallons of water for two hours, then strain the liquor from them, add to it half a hundred of brown sugar, boil it again for fifteen minutes, and put to it six eggs to break it, when cool put to it one quart of fresh yeast, work it ten days, stirring it once a day, then put it in the cask, and bottle it in twelve months."

PARSLEY WINE

For every pound of parsley, add a gallon of boiling water, let this stand for twenty-four hours, and then strain off the liquor. Boil this for twenty minutes with an ounce of root ginger, the rind of two oranges and two lemons. Let it get nearly cool, and then put in half an ounce of yeast on a piece of toast, and let it stand for four days. Then strain it, bottle it and finally cork down only when the wine has stopped working. It is all the better for keeping.

VEGETABLE WINES

PARSNIP WINE

Make this of young parsnips in the spring, clean and peel them, rinse them in cold water and cut them in thin slices. Boil them in an open pan until they are quite tender, allowing a gallon of water to each five pounds of the slices, then strain off the liquor, pressing out all the liquid and straining it again through a jelly-bag. Put the liquid into a preserving pan with three pounds of preserving sugar to each gallon of it, and boil again for three-quarters of an hour. Pour this into your pan or tub, and when lukewarm put in a slice of toast spread with half an ounce or so of yeast. Cover with a thick cloth or blanket, and leave for ten days, stirring each day. Then strain into a cask, and keep filling up until fermentation has stopped. Then close tightly, and leave for at least six months before bottling. Parsnip wine is said to taste like sherry. It may look like a pale sherry, but I doubt if it would ever deceive any one who had ever tasted sherry. Such comparisons are all wrong. If we like parsnip wine, we drink it as parsnip wine. Our favourites should need no excuses.

PEA-POD WINE

This peculiar wine was found for me, where I know not, by a friend who heard I was contemplating this appendix.

Put a gallon of pea-pods in a gallon of cold water, with a sliced lemon and half a dozen cloves. Boil until the pods are tender, then strain and to every gallon of the liquid add four pounds of lump sugar. When cool, add a teaspoonful of yeast on a piece of toast, leave for

VEGETABLE WINES

twenty-four hours, and then bottle. Leave for a long time before drinking.

POTATO WINE

Take a gallon of warm water, and put into it two large and finely grated potatoes, four pounds of demerara sugar, two pounds of raisins, a pint of clean new wheat, the juice and grated rind of two lemons, and an ounce of yeast. Leave this to stand for three weeks, stirring it now and then. Then strain it through a jelly-bag, and bottle. In about a month's time the wine will clear, then add a little sugar candy to each bottle. It may then soon be used, but will be all the better for keeping.

RHUBARB BRANDY

Peel six pounds of rhubarb, cut it in small pieces and weigh it. Cover it with a gallon of water, and add half a pound of chopped raisins. Leave for a fortnight, stirring and mashing the rhubarb each day, then squeeze the liquor from the rhubarb, and leave it, with the raisins, half a dozen broken egg-shells and four pounds of lump sugar for another week. Then skim, and bottle, and in four months it will be ready.

RHUBARB WINE

Cut five pounds of rhubarb into short pieces, and bruise and chop them, putting them into a bowl with a gallon of cold water. Leave for five days, stirring now and then. Then strain the liquor, and dissolve in it by

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stirring three pounds of lump sugar. Add the yellow part of the rind of two lemons and an ounce of isinglass. Leave for five days, skim, pour into a cask and leave unstopped for about a fortnight. Then close, and you can begin to use the wine in about six months. The colour may be deepened if liked with currant juice.

SWEDE WINE

Here is a wine I am told may be made from swedes or mangel-wurzels. Wash well and scrub quite clean enough swedes to make ten pounds when cut unpeeled in slices. Boil these in enough water to cover them well, adding an ounce of dried hops and two ounces of well-bruised root ginger, for two hours. Then strain through a jelly-bag, add sufficient water to make up to a gallon, add then two pounds of brown sugar, and stir it until it is dissolved. When cool, add an ounce of dried yeast, and let the wine ferment in an open cask. When fermentation is over, skim it well, add a bunch of dried raisins, stop closely, and keep for six months before using.

TOMATO WINE

Remove the stalks from some fresh ripe tomatoes, cut them in pieces with a stainless steel knife, mash them up well, and put them in a sieve to drain. When all the juice has run out, add a little salt, and cane sugar to taste. Let the sugar dissolve, stirring now and then, then put the juice into a porcelain jar or jug filling it nearly full. Cover closely, leaving a small opening for

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the scum to rise from when fermentation begins. Leave until fermentation stops, and the liquid is clear. Pour into bottles, cork tightly, and leave for some time before using.

TURNIP WINE

Peel and slice the turnips thinly. Sprinkle the slices with a little sugar, and leave them all night. Press out all the juice, measure it, and add three pounds of cane preserving sugar for every gallon of turnip juice. Add half a pint of brandy for this quantity, pour the mixture into a clean, dry cask just large enough to hold it, cover lightly until it has stopped working, then stop, and leave for three months before bottling. A year should elapse before you drink it.

The following Books about Vegetables have been
written by AMBROSE HEATH

GOOD POTATO DISHES

THE BOOK OF THE ONION
FROM GARDEN TO KITCHEN

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Other books on Vegetable cookery that are
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VEGETABLE COOKERY

by Elizabeth Lucas

LEAVES FROM OUR TUSCAN KITCHEN

by Janet Ross

VEGETABLE DISHES

by Countess Morphy

MUSHROOM RECIPES

by Countess Morphy

VEGETABLE AND FRUIT DISHES

by Mme Nietlispach

POTATOES

by X. Marcel Boulestin and A. H. Adair

SALADS AND SALADS

by A. H. Adair

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